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June 2011
AED 15

100+ recipes
inside!



GoodFood

Cool it!

MIDDLE EAST

- * Refreshing smoothies
- * Hydrating recipes
- * Ice creams, sorbets, gelati

WIN dinner for two at
THE IVY

QUICK & EASY
everyday meals

**FUN, FUSS-FREE
DINNER PARTY!**

5 TOP
ITALIAN
**FOODIE
BREAKS**



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an ICE CREAM MAKER,
AFTERNOON TEA,
and more!



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Publisher
Dominic De Sousa

Chief Operations Officer
Nadeem Hood

Sales Director
Lindsay Moulin
lindsay@cpidubai.com

Sales Manager
Carol Owen
carol@cpidubai.com

Editor
Lauren Hills

Designer
Odilaine Salalac Mejorada

Marketing Manager
Rochelle Almeida

Photographer
Cris Mejorada

Web developer
Louie Alma

Subscriptions
subscribe@bbcgoodfoodme.com

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Head Office
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Fax: +971 4 4293654
Web: www.bbcgoodfoodme.com

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UK TEAM

Editor
Gillian Carter

Creative Director Food Group
Elizabeth Galbraith

Publishing Director
Alfie Lewis

Managing Director
Peter Phippen

Head of International Development
James Hewes (james.hewes@bbc.com)

International Partners Manager
Linda Ligos

Win DINNER FOR TWO AT THE IVY

Opening on 9 June, The Ivy has already been booked out in advance, but *BBC Good Food ME* managed to get two lucky readers a table!

Details on page 48



EDITOR'S NOTE



Keep it cool

As the weather turns to sweltering, we are turning on the chill. This month's issue is filled with all the inspiration you need to keep cool and hydrated. Gorgeous smoothie recipes that are packed with flavour, hydrating dishes that will keep your energy levels up and creamy and delicious ice cream, sorbet and gelato recipes – you'll find it all in our June issue.

Also, while summer in the UAE is traditionally a time for things to wind down, it seems that the restaurant scene is just revving up. With launches in Dubai like Jones the Grocer, Hakkasan, Gaucho and The Ivy, and the announcement that Zuma is scheduled to open in Abu Dhabi, we will soon have even more choice than we already have. In this issue we speak to the head chef of The Ivy, Simon Conboy on page 46, who is excited (and nervous too) about the opening this month.

As many of our Food Club members will know, we had some fantastic Food Club events last month. Michelin-starred chef Mansour Memarian, the executive chef of the Burj Al Arab presented three delicious Mediterranean dishes, and chef Ana Gasperi of the newly-refurbished Rib Room taught us how to master three of her recipes. If you missed the events, this issue has all the coverage, and if you would like to be invited to events in the future, be sure to get onto our website to sign up to the Food Club.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com

CAREERS WITH US

Due to continued growth, *BBC Good Food ME* would like to expand its sales team. If you have a consumer media or advertising sales background and want to be part of a fun, creative and driven team then this is a great opportunity for you. We are looking to recruit senior sales executives/sales managers to work from our Dubai office.

If you are interested, please email your CV to lindsay@cpidubai.com

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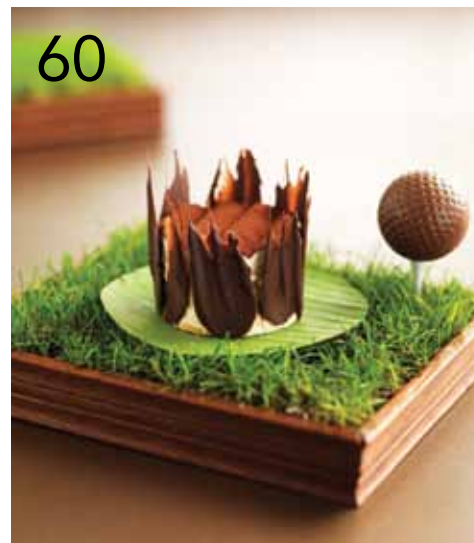
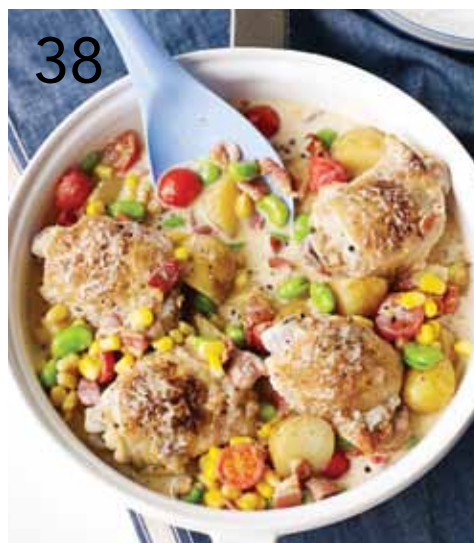
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June 2011



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With a whole room devoted to cheese, a fresh and delicious menu, and a deli filled with artisan products, Jones the Grocer in Abu Dhabi is a foodie delight. We enjoy a last bite with owner, Yunib Siddiqui



89

Our recipe descriptions

- V** Suitable for vegetarians
- F** You can freeze it
- N** Not suitable for freezing
- P** Contains pork
- A** Contains alcohol
- ✓** **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- Low fat** 12g or less per portion.
- Good for you** Low in saturated fat, low in salt
- Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork **P**
- contains alcohol **A**

Crazy for competitions

Win luxury hotel stays, gourmet dinners, foodie hampers and more...

WIN

DINNER FOR TWO AT THE IVY The tables are hard to get, but we managed to secure two lucky readers a three-course dinner for two at The Ivy! See details on page 48.



WIN

one of five AED 100 vouchers to enjoy Caffè Nero's new and refreshing drinks.

This summer, Caffè Nero is introducing two new delicious ways to cool down: the Affogato and Sorbetto. Affogato, meaning 'drowned' in Italian, is made with crushed ice, vanilla ice cream and Caffè Nero's signature two shots of fresh espresso, while Sorbetto is a sweet Italian sorbet drink made with raspberry puree. Other refreshing drinks available include Frappé Latte, Fruit Boosters and Frappé milkshakes.



WIN

one night's stay and a meal for two at Kempinski Hotel Ajman.

Just 25km from Dubai International Airport, Kempinski Hotel Ajman is set on a 500-metre private beach with 181 sea-view rooms. You and a guest can win a night in a room overlooking the beach and Arabian Gulf, as well as dinner at one of the hotel's international restaurants.



WIN

a dining voucher valued at AED 500 from SanaBonta, DIFC.

An Italian restaurant offering fresh and healthy food, SanaBonta is a great place for the kids too, offering your little ones not only a chance to eat, but to create, mix, taste and stir up their very own party with cool beverages, birthday cake, party hats, and of course lunch!

WIN

a gorgeous, seasonal Afternoon Tea for two at Kambaa, The Address Dubai Marina.

With a focus on strawberries and rhubarb this month, you can win a place for you and a guest to visit the lovely art-inspired lounge and enjoy high tea with a selection of flavours and treats. The afternoon tea is served daily from 15.00 to 18.00 and is valued at AED 80 per person.



WIN

a one-night weekend stay with dinner at The InterContinental Abu Dhabi.

You and a guest can win a stay in one of InterContinental Abu Dhabi's 390 spacious modern and stylish guest rooms and suites. Tastefully furnished, the rooms have breathtaking panoramic views over the city skyline, corniche and coastline. As part of your stay you can enjoy Asian cuisine and live DJs at The Yacht Club.



WIN

a Summer Berry Afternoon Tea for two at The Palace - The Old Town Celebrating the juicy summer fruits and berries, Al Bayt, The Palace - The Old Town is holding a lovely afternoon tea that includes scones and strawberry jam, berry tarts, strawberry smoothies and more. **PLUS: Exclusive to BBC Good Food ME readers - book for three and get one free at The Summer Berry Afternoon Tea.**



WIN

your very own Gaggia Gelatiera to create cooling ice creams and sorbets all summer long! See details on page 86.

WIN

Friday Brunch for two, with soft drinks at Certo, Radisson Blu Dubai Media City

Indulge in an Italian-style Friday brunch with a selection of dishes served at your table, ranging from homemade pasta, pizzas to fish and meat recipes, all accompanied by salads and risotto. The brunch runs from 12.00 to 15.30.

To stand a chance to win these prizes visit our competitions page on www.bbcgoodfoodme.com and fill out the forms; it is so easy to do!



The freshest ingredients, perfectly prepared

Experience the fresh new M's restaurant at Emirates Golf Club.

Using the finest ingredients, our menu mixes Mediterranean flavours with Middle Eastern promise. It's perfect for a light, healthy lunch or delicious dinner, followed by a relaxing shisha on the terrace.

For reservations please call +971 4 380 2222 or email ms@dubaigolf.com
dubaigolf.com

M's
AT EMIRATES GOLF CLUB
A taste of the Mediterranean

نادي الجولف
الإمارات
EMIRATES
GOLF CLUB DUBAI

Top ten foodie moments

News, events, promotions and competitions; *BBC Good Food ME* keeps you in the know

.....

1 GET COOL WITH ZUMA

In need of a little respite from the summer heat? Zuma, DIFC has recently launched a range of low-calorie coolers that are delicious and refreshing.

Using natural sweeteners such as agave syrup, the drinks have a saccharine touch without over doing it on refined sugar, and are packed with delicious fresh fruits.

Muddled, rather than blended, the ice is freshly chipped in front of guests, creating ice cold, refreshing drink.

Some of *BBC Good Food ME*'s favourites include the Namakamono (meaning lazy in Japanese), which is a mixture of cucumber and raspberries with fresh apple juice. The Japanese virgin mojito with aloe vera, lemon juice and soda water is also very refreshing.

ZUMA summer coolers are priced at AED 30 plus 10 percent DIFC charge.

ZUMA ICED TEA

30g of organic green tea
4 raspberries
4 blackberries
1 slice of cucumber
10g of fresh mint
1 slice of lemon
1 slice of orange
30ml of agave syrup
20 ml of fresh lemon juice

1 Arrange the mint and the fruit in a tall glass and cover it with shaved ice.

2 In a separate cup, prepare your green tea by infusing the green tea leaves in freshly boiled (but not boiling) water.

3 Once infused, pour the green tea over cubed ice with the agave syrup and the lemon juice.

4 Pour the mixture into the prepared glass and serve.



ORDER-IN FRENCH STYLE

If you find yourself stuck in the office for lunch, and you're not in the mood to brave the heat, Pascal Tepper French bakery in Dubai Media City now delivers in and around Dubai Media City and Internet City. Tuck into freshly baked French bread and a selection of Viennese specialties. And, the new breakfast basket holds enough bread and pastries to feed 15 hungry team mates. *Call 04 454 2408 for delivery.*

foodie moments



3

KitchenAid expands in the Middle East

With its famed range of counter-top appliances, such as the artisan stand mixer, many passionate cooks in the Middle East are already familiar with KitchenAid. Al Ghandi Electronics has recently become the distributor of all KitchenAid products in the Middle East, and has introduced premium built-in and freestanding appliances from KitchenAid to the UAE market.

Summer treats at Certo Abu Dhabi

At Certo Italian restaurant, Souk Qaryat Al Beri, Abu Dhabi you can take your pick on two delicious summer specials:

CERTO'S AMALFI EXPERIENCE

A kilogramme of sea bass, cooked to order and served with seasonal vegetables and a bottle of Italian Veneto is priced at AED 375 for two.

FIorentina STEAK NIGHT

A one kilogramme, T-bone steak, cooked Florentine-style is served with steamed cannellinis, rucola leaves, roast potatoes and a bottle of red or white Veneto. Priced at AED 450 for two.

Both specials are available nightly from Friday to Wednesday.



4

5

Beat the heat with Bateaux Dubai

With a new chef on the team and a delightful summer menu, now is a great time to escape the urban heat and dine on board Bateaux Dubai.

After more than five years of cruising along Dubai Creek, Bateaux Dubai is a unique dining option for local residents and an exciting excursion for visitors to Dubai. Joining executive chef Alexander Fries on the Bateaux team is head chef Francois Roldan, who has created a light and fresh new summer menu especially for the warmer weather.

"We're very proud of our new creations incorporating fresh seafood, truffles, wild mushrooms and forest berries; meaning even our regular guests can come and enjoy something new this summer. With daily specials, we continue to strive towards providing our guests with exceptional choice, service and of course high quality dining," says chef Francois.

"As the weather heats up, there is no better way to enjoy both sightseeing and fine dining than onboard Bateaux Dubai. Our fully air conditioned glass vessel offers 360 degree views as we sail down the Creek, past momentous landmarks steeped in Dubai history. Our elegant food reflects international dining with a twist of French haute cuisine, using the freshest ingredients from around the world," says executive chef Alexander.





6

Organic cider in the UAE

Natural, preservative-free and made from organic apple juice, the Moho Cider is a good option for those wanting a refreshing, more-hydrating and healthier party drink.

The Moho Cider launched in the UAE last month, and it is sweet, crisp and sparkling. Created using a combination of sweet and bitter apples, it is blended to enrich the flavour of the cider range, and is said to be an entirely natural beverage. The organic apple juice is fermented for six weeks and is free from artificial sweeteners and preservatives.

"We've seen a shift in consumers' attitudes toward beverages and more consumers are seeking alternatives that support their lifestyles. Moho offers a natural cider free from additives with a funky twist," said Arash Mashkoor, Moho representative for the Middle East.

7

Celebrate white asparagus season at Hilton Jumeirah

May and June traditionally marks the peak of the white asparagus season – one of the most anticipated and exciting culinary highlights of the year. Considered to be more delicate in flavour and more tender than green asparagus, white asparagus takes approximately twice as long to cook as its green cousin.

Until the end of June, Hilton Dubai Jumeirah is offering special 'white gold' white asparagus dishes in Oceana, H2O and Studio 1 as a healthier alternative. Choices include white asparagus salad with garlic prawns, asparagus cream soup with fresh lobster and white asparagus simply served with hollandaise sauce. Prices start from AED 90 per dish.



8

Hakkasan comes to Dubai

Hakkasan, the Michelin-star Chinese restaurant at Emirates Palace, Abu Dhabi commemorates its first year in the UAE this month, amidst announcements that the restaurant's doors are set to open this November at Jumeirah Emirates Towers, Dubai.

From London to Miami and then to Abu Dhabi, the Michelin-star Cantonese fine dining restaurant in Dubai will be a 152-cover restaurant, with additional 88-seat capacity on its outside terrace. The venue will also feature a Ling-Ling lounge for a more casual retreat.

"As a result of our UAE customer's requests and the success of our Abu Dhabi location, Hakkasan is proud to embark on a new era with the opening of Hakkasan Dubai in November at the Jumeirah Emirates Towers. Hakkasan's elegant atmosphere and distinguished menu will without a doubt enrapture the taste buds of the socially chic and set itself apart," said Niall Howard, Hakkasan's CEO.

Anchoring the kitchen will be chef de cuisine Pang Pin Lee from Hakkasan Abu Dhabi, who brings with him over 10 years experience in gourmet Cantonese cooking and the art of Dim Sum. He delivers his own flair to the menu with new dishes that have been specifically designed for the UAE market, sitting alongside Hakkasan classics such as the Peking duck with Royal Beluga caviar; steamed dim sum platters; black cod in champagne sauce and grilled wagyu beef with king soya sauce.

Cute as cupcakes



9 Looking for gorgeous cupcakes, pastries and cakes in Abu Dhabi? Then look no further than Maison Sucre in Khalidiya. Founded by Nadine Maalouf, who has a passion for all things sweet and pretty, you can purchase cupcakes in a variety of flavours such as red velvet with cream cheese icing, Oreo flavoured and vanilla & chocolate, to name just a few. A light, fluffy base, with creamy icing, Maalouf says that her team only uses the best quality, natural ingredients, and will custom-make cupcakes and cakes to order.

Other than the delectable cupcakes, Maison Sucre stocks cheesecake, bannoffee pie, coconut cake and decadent chocolate cakes, among other options. Whether you are visiting the cupcake shop to sit down and enjoy a cup of Illy coffee and a sweet treat, or are passing by to pick up some of your favourite cupcakes; you will definitely leave with a smile on your face.

10 Bumble Box buzzes into town

Have you longed for fresh, locally-sourced, organic food delivered straight to your door? Then Bumble Box might just be your answer. Supporting local farms in the region, such as Al Mazaraa, certified organic farm in Abu Dhabi, Bumble Box provides boxes of organic, locally-grown fruit and vegetables that can be delivered to locations in Dubai or picked up at the Dubai Garden Centre.

The content of each bumble box will vary each week according to seasonality and what is available on the farms. During the hot summer months Bumble Box aims to have tomatoes, cucumbers, peppers, lettuce and beans, as well as other seasonal vegetables in each box, and although the selection will be limited at this time of year, consumers will still be able to enjoy a range of fresh produce.

At this time, you cannot select the vegetables you want in your box, but as the weather cools down and more fruit and vegetables become available, you will have different box varieties to choose from.

The small box (5kg) is sold at AED 80, and should be enough for two people for a week, while the large Bumble Box (10kg), priced at AED 130 should cater for four people for a week.

The Bumble Box Market takes place at the Dubai Garden Centre on Tuesdays and Saturdays from 9.30.



Don't know where to Brunch?

Friday Brunch at Certo

An Italian-style Friday brunch with a selection of dishes served at your table.
Available from 12:00 to 15:30 hours

The kids have their own fun area, with toys and entertainment.

Brunch with soft drinks @ AED 140
Brunch with house beverages @ AED 190
Brunch with bubbly @ AED 210

Children age 6-12 years eat for half the price!
Children under the age of six, brunch for free!



ICON Bar & Lounge English Friday Brunch

ICON Bar & Lounge at the Radisson Blu Hotel, Dubai Media City is continuing its British Brunch every Friday from 12:00pm to 4:00pm at an even better price at only AED 129 per person.



Saturday Fun Brunch at Chef's House

Let someone else cook while you entertain at the Saturday Fun Brunch at Chef's House. Available from 12:30 to 15:30 hours

The kids have their own fun area, with buffet and entertainment including a bouncing castle.
Full buffet with soft drinks @ AED 135
Full buffet with house beverages @ AED 180

Children age 6-12 years eat for half the price!
Children under the age of six, brunch for free!

certo
ITALIAN RESTAURANT

ICON at the
LOUNGE & BAR

Chef's House

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Off the shelf

Gadgets, accessories and utensils to make your cooking and dining experiences attractive, easy and fun



Easy espressi

Gaggia's Accademia grinds, measures, and brews delicious coffee. Available at the Dubai Garden Centre.



Weigh it up

Make sense of baking and cooking with this scale from Terraillon. AED 49 from Geant, Ibn Battuta Dubai.



Rustic crockery

Mugs, plates and bowls in a handmade pottery feel. This lovely set is available from @Home stores throughout the UAE.



Pure and simple

Keep hydrated this summer with the Terraillon Water Filter. Priced at AED 75, it is available from Geant, Ibn Battuta, Dubai.



Oil-free frying!

The Philips AirFryer lets you create simple, healthy meals with ease.

Ethereal table decor

Perk up your dinner party this summer with these lovely glass and silver accessories available from Q Home Decor.



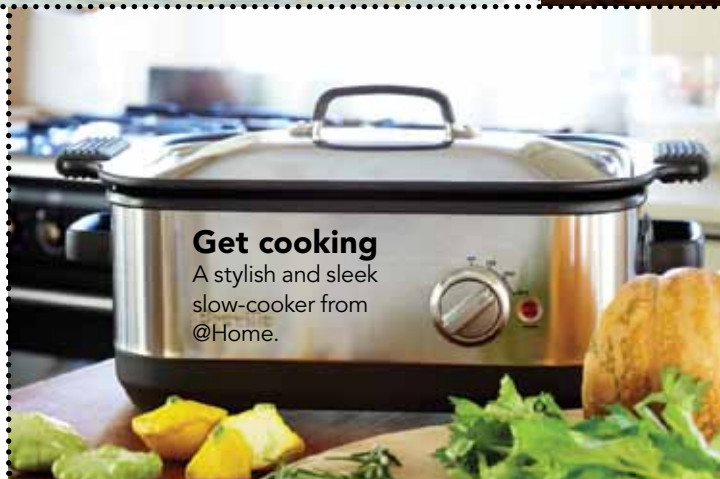
A spread for friends

These cheese boards and wine racks from @Home are perfect for entertaining.



New-age drinks and juices

Refreshing new tastes with fewer calories. Honest and Honest Kids are 100 percent certified organic, low-sugar thirst quenchers. Available at most supermarkets. Prices range from AED 10 to AED 17.



Get cooking

A stylish and sleek slow-cooker from @Home.



Top of the counters

KitchenAid kitchen counter tops can now be purchased and installed in the UAE through Al Ghandi Electronics.



*Royal Treat Premium Ice Cream is the smoothest, creamiest
and most delicious ice cream you'll ever taste!
Its fresh, creamy taste makes Royal Treat a one-of-a-kind family dessert!
There's no simpler pleasure than Royal Treat Premium Ice cream.*



Cool it!

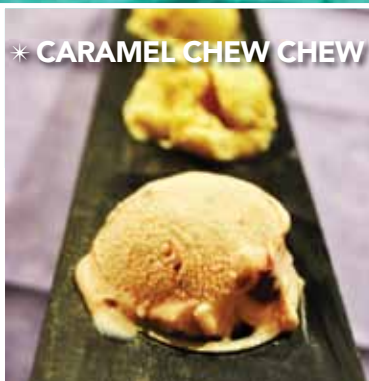
Whether you are picking up your favourite tub of ice cream from the supermarket, or indulging in a few scoops of gelato or sorbet from a sidewalk stall, *BBC Good Food ME* explores some interesting flavours in the UAE

* NATURAL STRAWBERRY



Natural Strawberry offers an extremely creamy texture along with the bursts of juicy strawberries. With a sweet yet tangy flavour, this ice cream is definitely one for fruit lovers. The price of a small tub of London Dairy Natural Strawberry is AED 7.25.

* CARAMEL CHEW CHEW



The texture is delectably soft, and blissfully offset with golden pieces of chewy caramel covered in chocolate. Swirls of toffee run throughout. Also, Ben & Jerry's was the first ice cream company to use Fairtrade-certified ingredients. A small tub of this gorgeous Ben & Jerry's ice cream is AED 13.75.

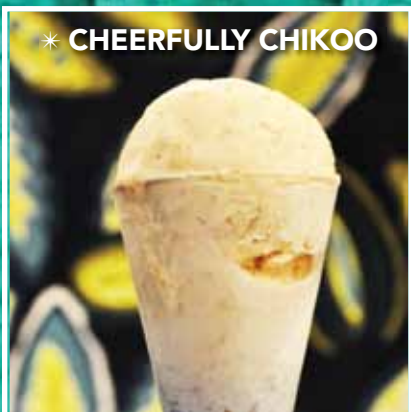
* DOUBLE CHOCOLATE



Velvety smooth and interlaced with milk chocolate flakes, the colour is light and the chunky chocolate pieces run all the way through. The price of a small tub of London Dairy Double Chocolate is AED 11.50.

* **MANGOS & CREAM**

A distinctive blend of tangy, yet rich flavours, Häagen-Dazs Mangos & Cream is smooth with a fruity kick. Real fruit pieces add that extra taste, and it is the welcome break from the hot summer heat. A small tub of Mangos & Cream Häagen-Dazs ice cream is AED 14.50

* **CHEERFULLY CHIKOO**

The chikoo fruit is found in the West Indies, Mexico and Central America. It is shaped like a pear, grainy in texture. The ice cream is almost toffee in taste, with small pieces of chikoo running through it. One can imagine sitting under a palm tree on a beach, eating scoop after scoop. A small tub of London Dairy's Cheerfully Chikoo is AED 16.

**IN SHORT: OUR PICK OF
THE BEST FROZEN
YOGHURT SHOPS
IN THE UAE**

- * Yogen Früz
- * Tasti D-lite
- * Pinkberry
- * Yogurberry
- * Snog



Top scoops on the go

* **MORELLI'S**

With over 120 varieties of ice cream flavours, as well as gelati and sundaes, Morelli's in The Dubai Mall has creamy, delicious options, that are created using natural ingredients. There are over 10 different chocolate ice cream flavours alone, as well as many other crazy concoctions. The mango gelato is one of our favourites, and a lovely fruity option for summer.

* **JONES THE GROCER**

Jones the Grocer, Abu Dhabi has launched a new range of rejuvenating and refreshing ice creams and sorbets. Traditional methods, along with fresh and natural ingredients make this Australian brand of cool treats a special delight. There is an attractive assortment of ice creams and sorbets ranging from fruity pleasures such as pink grapefruit and green apple to butterscotch and a lovely real vanilla.

* **MORE CAFE**

Made with real cream and authentic ingredients, More Cafe ice creams have a wonderfully smooth and creamy consistency. Their vanilla ice cream is one of our favourites, with the vanilla beans coming from Madagascar and Tahiti. Another gorgeous flavour is the smooth coconut ice cream with pieces of pure Swiss chocolate and chunks of Italian cherries – simply divine!

* **THE ICE FACTORY**

The sorbets at The Ice Factory, JBR Walk are smooth, refreshing delights. The melon, which is their newly launched sorbet flavour, has a lovely, smooth texture and honeydew taste that leaves your mouth feeling refreshed. If you are in the mood for something chocolatey, however, the Ice Factory Forrero Rocher ice cream, with crunchy hazelnut notes, is superb.

* **COLD STONE CREAMERY**

Very popular with kids, you can prepare your own concoction of ice cream, and you can choose from a variety of mixers such as sweets, nuts and fruits. Allowing you to indulge your ice cream imagination further, you and your family can enjoy sorbets and ice creams as well as shakes, cakes and smoothies.



Best tasting fries, without the oil!

Only 1.5 grams of fat



**Introducing the Philips Airfryer. A whole new way to fry,
with the best taste but without the oil.**



With its patented Rapid Air Technology, The Philips Airfryer gives you a perfect result every time. The Airfryer cooks and crisps all kinds of foods and snacks from 12-minute fries, chicken nuggets and meat to the traditional Arabic delights such as kibbeh, sambusak and falafel. So you can enjoy all your family favorites anytime with zero guilt and hassle, but with the same indulgent taste of regular fried food. Get a Philips Airfryer for food that is healthier, more delicious and delightfully simple.

www.philips.ae/airfryer

PHILIPS
sense and simplicity

New Philips Airfryer:

Best tasting food without the oil

Spicy drumsticks with barbecue marinade

The new Philips AirFryer is a revolution in home cooking that allows you to create simple, healthy, tasty meals fast, using no oil.

AirFryer's secret is its patented Rapid Air Technology which combines fast-circulating hot air with a grill, which heats up the ingredients in the basket from all sides at once, making it a healthy, fast and easy method to prepare tasty food. It creates fries with up to 80% less fat - which still have superior taste. AirFryer cooks and crisps a variety of foods and snacks from best tasting fries to chicken nuggets and meat – and even many Arabic delights such as kibbe, somases and falafel.

The AirFryer requires no heat up time, so busy parents can quickly and easily prepare a batch of best tasting fries in just 12 minutes. In addition, the revolutionary AirFryer overcomes the odor that traditional frying creates. Because it uses hot air rather than oil to fry food, it emits fewer vapors, with the Integrated Air Filter diffusing any smells. Clearing up after cooking with AirFryer is also simple thanks to removable, dishwasher-safe parts and non-stick surfaces that can be easily cleaned.

The AirFryer features a timer which lets you pre-set cooking times of up to 30 minutes, so you can focus on other tasks while your main course is being cooked to perfection. You can also interrupt cooking to check on progress whenever you want, to ensure you get the result you want. The Adjustable Temperature Control also lets you pre-set temperatures of up to 200°C, and cooks food with steady heat to ensure crisp and even cooking. Making it even simpler to prepare every part of your meal, Philips AirFryer includes a Food Separator Accessory which allows you to fry multiple foods at once without mixing the flavors together, so your fries taste like fries, and meat tastes like meat!

For inspiration, Philips AirFryer comes complete with a recipe book, and even more recipes can be found on Philips MyKitchen – www.philips.ae/kitchen – a website that inspires you to cook healthy, nutritional and tasty meals for the family. A host of culinary

tricks and handy time-saving tips also show you how to get amazing results effortlessly.

So enjoy family favorites any day of the week with none of the guilt or hassle – but all the taste – of regular fried foods. With Philips AirFryer, food is more healthy, delicious and simple than ever.

KEY FEATURES INCLUDE:

- Patented Rapid Air technology – combines hot air with grill component to fry food.
- In-built Timer – lets you pre-set cooking times of up to 30 mins.
- Adjustable Temperature Control – cooks food at steady rate up to 200°C.
- Food Separator Accessory – lets you fry multiple foods at once Integrated Air Filter – diffuses odors.

The Philips AirFryer is priced at 999 AED. Visit www.philips.com for further information

Serves 4

Preparation time – 5 minutes
(+ 20 min to marinade)
+ 20 minutes air fryer

- 1 clove garlic, crushed**
- ½ tablespoon mustard**
- 2 teaspoons brown sugar**
- 1 teaspoon chili powder**
- Freshly ground black pepper**
- 1 tablespoon olive oil**
- 4 drumsticks**

1. Preheat the airfryer to 200°C.
2. Mix the garlic with the mustard, brown sugar, chili powder, a pinch of salt and freshly ground pepper to taste. Mix with the oil.
3. Rub the drumsticks completely with the marinade and leave to marinate for 20 minutes.
4. Put the drumsticks in the basket and slide the basket into the airfryer.
Set the timer to 10-12 minutes. Roast the drumsticks until brown.
5. Then lower the temperature to 150°C and roast the drumsticks for another 10 minutes until done.
6. Serve the drumsticks with corn salad and French bread.



Savouring summer

Suzanne Husseini explores fresh, hydrating produce and the little changes you can make to feel healthy, happy and full of energy

This is the month where all things begin to wind down. Students are saying goodbye to their friends for the summer and tearful graduates, about to begin their journey to higher education, are bidding farewell to their families. As summer holidays begin, there is a feeling of hope, renewal and new beginnings.

But, as this school year comes to a close, and many people get ready for holidays, there is a certain amount of stress too... of buying gifts, packing, renewing passports and trying to use up as many ingredients as possible that are sitting in the fridge.

The gyms are overflowing with people running on treadmills, and personal trainers are struggling to fit you in. And yes, of course, you are tempted to try the magic diet that promises you you will shed 10 pounds in 10 days. How perfect since you're booked to fly out in two weeks! All those buffets have caught up with you... how can your friends and family see you like this?

We all know that even with putting in all that effort, these fad diets don't really work. Diets are doomed to fail. They set you up with expectations and even if you do lose some weight, the minute you go off the diet the weight piles back on, and sometimes you put on even more weight than before.

What really works is changing your lifestyle and eating habits gradually. It's a simple equation of creating a deficit by eating less and expending more energy to burn calories. That is a sure success. And, if you change your mindset and continue with this new healthy lifestyle, the excess weight will stay off, you'll have more energy and you will feel good about yourself. It's a winning combination.

Summer brings with it the bounty of the earth. This is the season to fall in love with real food. Let it be a new beginning for you. The freshest vegetables are yours for the taking. Stay away from fast food and processed food, and listen to your body. When it's thirsty, drink water, not sugar-laden sodas that never really quench your thirst. Summer is the time to eat certain fruits in season. Enjoy them at their peak and savour the different tastes. Discover cool smoothies made with yoghurt and sweetened with fresh, juicy fruit.

This is the time to grill meats rather than fry, which is a healthier and tastier option. Often, drastic diets ask you to steam and boil food to cut out fat, but you end up missing out on nutrients and the taste. The flavour is not there, so you give up on the diet when you've eaten your last tasteless piece of meat or carrot.

Take a cooking class and share the experience with your children. Knowing about food and how it's prepared is powerful. You will be armed with skills and awareness. While on holiday, try and take your children to visit farms and pick your own fruits and vegetables. Take a walk and visit farmer's markets where food is respected and people celebrate the harvest.

In the summer we crave lighter, more refreshing foods, so take this time as an opportunity to change your lifestyle and eating habits, rather than trying out an extreme diet that forces you to stick to unreasonable rules. This is also a time to find an activity you like and do it. The sooner you find something that will make movement a joy the better you will feel; you will get hooked and it will become part of your new lifestyle. Be true to yourself and set small goals and achieve them, and it will become easier.

I think one of the true downfalls of any diet is that it takes away the joy of eating. Food and eating is one of life's true pleasures... savour it.

Don't miss Suzanne Husseini's book signing party, with cooking demo, on 3 June at Virgin Megastore in Mercato Mall at 19.00; everyone is welcome! You can find Suzanne's page on Facebook, or visit her website at www.suzannehusseini.com.

“Stay away from fast food and processed food, and listen to your body: when it's thirsty, drink water, not sugar-laden sodas that never really quench your thirst. Summer is the time to eat certain fruits in season. Enjoy them at their peak and savour the different tastes.”





Fruit salad

6–8 SERVINGS

½ cup orange cantaloupe
½ cup green cantaloupe (honeydew)
½ cup watermelon
2 mangoes
3 kiwis
4 cactus fruit
2 ripe pears
1 cup fresh pomegranate seeds, to garnish
½ cup pistachios, presoaked in 3 tbs
rosewater, to garnish
½ cup rose syrup

YOGHURT HONEY SAUCE

1 cup full fat yoghurt
½ cup double cream, whipped slightly to
thicken
1 vanilla bean, scraped
4 tbs honey

1 In a bowl place the yoghurt, the slightly thickened cream and honey. Slice the vanilla bean in half, scrape the seeds and place in the bowl. Whisk together to combine and set aside.

2 Using a melon baller scoop out balls of each fruit. Put in a large bowl and mix gently to combine. Place in individual serving dishes and drizzle on some rose syrup. Garnish with the pistachio nuts and fresh pomegranate seeds. Serve alongside the yoghurt honey sauce.

THE BEST OF ROYAL THAI CUISINE AT BENJARONG

The only restaurant in the UAE to serve Royal Thai Cuisine, Benjarong in Dusit Thani Dubai is a gorgeous traditional taste of Thailand



“The menu at Benjarong is authentic Royal Thai prepared by a Thai culinary brigade from chef de cuisine to food artist. Since it is inspired by royal cuisine, the dishes are mild and not too spicy, and all herbs and spices come from Thailand. Basil, for example, has a very specific Thai flavour and smell which cannot be duplicated by the ones grown in other parts of the world,” says Chef Narumol, chef de cuisine of Dusit Thani Dubai.

Royal Thai Cuisine can be traced back in history to the palace cuisine of the Ayutthaya Kingdom as far back as 1351 CE, and its refinement, cooking techniques and the use of ingredients were of great influence to Thai cuisine today.

Benjarong, the signature restaurant of Dusit Thani Dubai, is the only restaurant in the UAE where you can sample the authentic flavours of Royal Thai Cuisine. Enjoy the tantalising tastes; sour, sweet and mildly-spicy dishes created with fresh produce and fresh herbs and spices. With opulent décor and beautiful panoramic views over Dubai from the 24th floor, you will be dining in style at Benjarong.

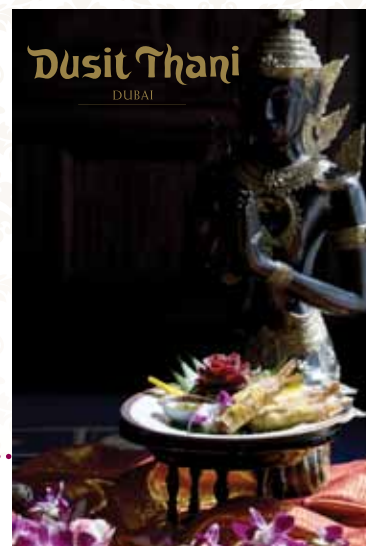
The restaurant has a main dining area and three private seating areas, one of which offers a unique Oriental low-style seating with

cushions. Benjarong is open at lunch time and dinner time, and both meal times feature authentic live entertainment to complement the traditional Thai interiors. The majority of Benjarong's staff is comprised of Thai nationals. Chef de cuisine Narumol is Thai and is dedicated to making sure that the food preparation is 'royal' in every way.

Benjarong, along with The Californian and PAX join together to create a sumptuous spread of international brunch ever Friday and Asian brunch every Saturday.

Opening hours: lunch - 12.00 to 15.00, dinner - 19.00 to 23.30. Brunch on Friday: 12.00 to 16.00, brunch on Saturday: 12.00 to 15.00. Dress code: smart casual, tel no: +971 4 317 4430/ 4432.

The Royal Bento Lunch is available on weekdays (Business Lunch Set Menu) at AED 120 per person.



CHOO CHEE GOONG

Fried tiger prawns with red curry paste and mushroom, a traditional example of Royal Thai Cuisine that is served at Benjarong, Dusit Thani Dubai.

450g tiger prawns
60g red curry paste
400ml coconut milk
150g straw mushroom
5g kaffier lime leaves
30ml fish sauce
30g palm sugar
500ml deep-frying oil
20g red chilli

- 1 Peel tiger prawns, clean, devein coat with all purpose flour and deep-fry.
- 2 Fry red curry paste until fragrant, add coconut milk.
- 3 Season with palm sugar, fish sauce and add straw mushrooms to create the sauce.
- 4 Place tiger prawns on plate and pour the sauce over the tiger prawns
- 5 Topped with coconut milk, red chilli and finely sliced kaffier lime leaves



24th Floor, Dusit Thani Dubai, 133 Sheikh Zayed Road, P.O. Box 23335, Dubai, United Arab Emirates, +971 4 317 4515, dine.dtdu@dusit.com

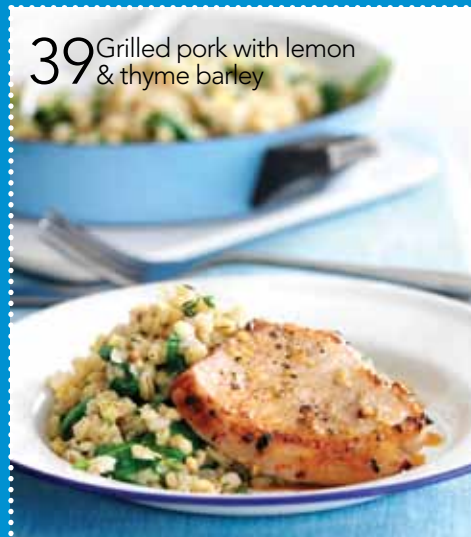
Website: dusitthaniDubai.dusit.com, www.Dusit.com

21 Halloumi with chickpea
& couscous salsa



36 Spiced Indian
potato wraps

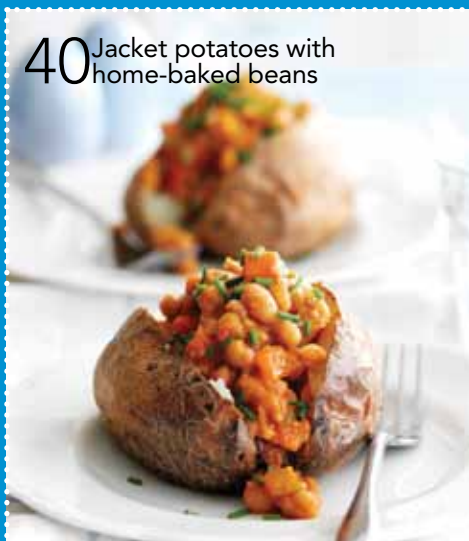
39 Grilled pork with lemon
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Everyday recipes

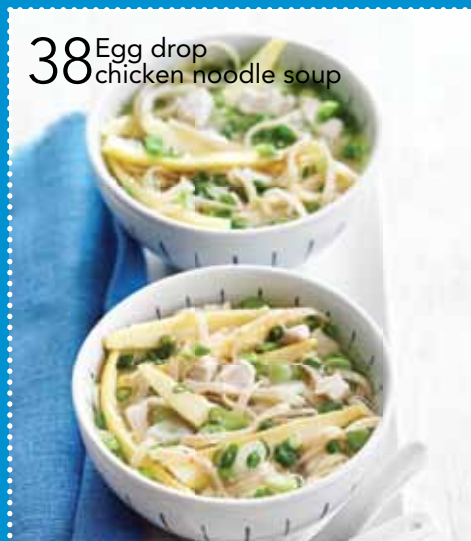
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EVERYDAY

Make it tonight



Easy midweek meals – from family favourites with a twist, to new ideas for one or two RECIPES **LUCY NETHERTON** PHOTOGRAPHS **WILL HEAP**

Satisfying, but surprisingly healthy

Cheat's scampi with chunky chips

SERVES 4 • PREP 15 MINS •

COOK 45 MINS **Easy**

Good for you, Low fat

3 large baking potatoes, cut into chunky chips
1 tbsp olive oil
400g/14oz raw peeled king prawns
2 eggs, beaten
140g/5oz dried breadcrumbs
tartare sauce and lemon wedges, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Arrange the chips on a baking tray, drizzle with the oil and season. Bake for 40-45 mins until golden, turning halfway through.

2 Mix the prawns in the beaten egg and tip the crumbs onto a plate. Lift the prawns out with a slotted spoon so that any excess egg drains off and toss them in the crumbs with your hands so they are coated. Transfer to a baking tray.

3 When the chips have 10 mins to go, heat grill to high. Cook the prawns for 3-5 mins each side, until crisp and cooked through. Serve with the chips, some tartare sauce and lemon wedges, if you like.

PER SERVING 377 kcals, protein 28g, carbs 52g, fat 8g, sat fat 2g, fibre 3g, sugar 3g, salt 1g

TIP If your oven doesn't have a grill setting, then you can cook the prawns in the oven for the 10-12 mins – they just may not go as golden.

Halloumi with chickpea & couscous salsa

SERVES 4 • PREP 15 MINS • COOK 5 MINS    

250g/9oz couscous
250ml/9fl oz hot vegetable stock
400g can chickpeas, drained
140g/5oz cherry tomatoes, halved
3 tbsp olive oil
3 tbsp Sherry vinegar or red wine vinegar
1 red chilli, ½ deseeded and finely chopped, ½ sliced
small bunch each mint and coriander leaves, chopped
250g pack halloumi, thickly sliced

1 Put the couscous in a bowl and pour over the hot stock. Cover with cling film, leave to stand and swell for 10 mins.

2 Make the salsa by mixing the chickpeas with the tomatoes, half the oil and vinegar, the finely chopped chillies and some of the chopped herbs. Season and arrange between 4 serving plates.

3 Heat a griddle pan or frying pan. Fry the halloumi for 2-3 mins each side, until golden and lightly charred. Fluff up the couscous with a fork and mix in the rest of the oil, vinegar and herbs with some seasoning. Pile onto the plates next to the salsa and top with the warm halloumi. Garnish with the sliced chillies.

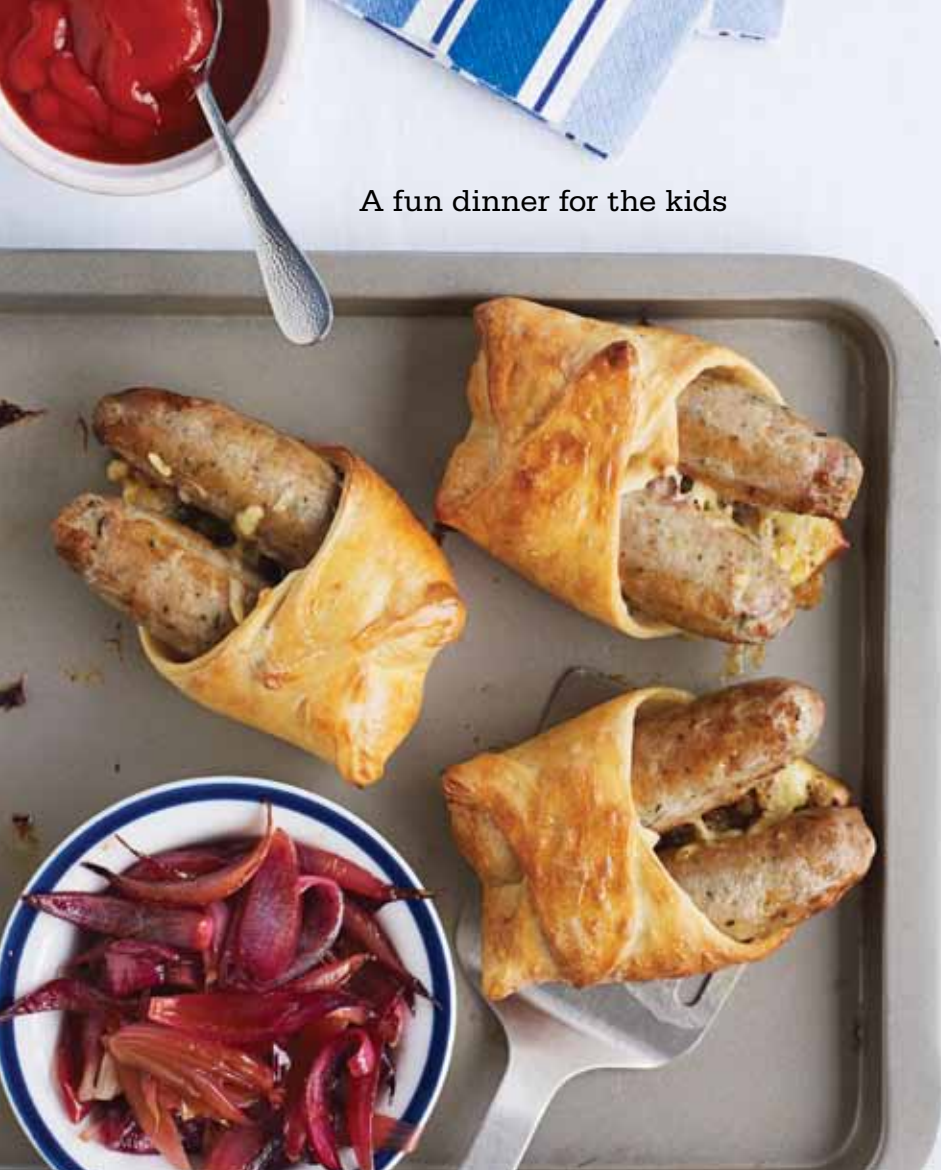
PER SERVING 489 kcal, protein 21g, carbs 44g, fat 27g, sat fat 11g, fibre 3g, sugar 3g, salt 2.79g

Veggie dish
that's packed
with flavour

C

*Chef François
propose sa soupe
d'oignons à la
Française, gratinée,
accompagnée d'un
pain délicieux
et croustillant,
recouvert d'un
fromage fondu
chaud*

*Chef François'
indulgent classic
French onion soup
gratinated with
deliciously crunchy
French bread and
drizzled with warm
melted cheese*



A fun dinner for the kids

Hotdog pasties with sticky onions

SERVES 4 • PREP 20 MINS • COOK 30 MINS Easy   

200g pack bread mix
8 sausages
1 tbsp grainy mustard
1 egg, beaten
1 tbsp olive oil
3 red onions, cut into wedges
2 tbsp brown sugar
2 tbsp red wine vinegar
4 tbsp grated cheddar

1 Make the bread mix following pack instructions. Heat a large non-stick pan. Brown the sausages quickly, remove and set aside. Roll out the dough and cut into 4 diamond shapes measuring 12cm each side (you may need to re-roll the excess to make the final one).

2 Heat oven to 200C/180C fan/gas 6. Spread the mustard over each diamond and scatter over the cheese. Lay 2 sausages in the middle, then fold up the bottom point and bring the two side points across. Press to seal, then brush with egg and transfer to a baking tray. Leave to puff up for 5-10 mins then cook for 15-20 mins until golden.

3 While the pasties are baking, tip out most of the fat from the pan you cooked the sausages in, then fry the onions for 10 mins until starting to soften and caramelise. Tip in the sugar and vinegar and cook for 10 mins more. Serve the pasties with the sticky onions and ketchup, if you like.

PER SERVING 621 kcal, protein 23g, carbs 53g, fat 37g, sat fat 12g, fibre 5g, sugar 16g, salt 3.53g

Salmon with greens & crème fraîche

SERVES 4 • PREP 10 MINS • COOK 25 MINS Easy 

1 tbsp olive oil
1 leek, thinly sliced
250ml/9fl oz chicken or fish stock
100g/4oz crème fraîche
140g/5oz frozen peas
140g/5oz frozen broad beans
4 skinless salmon fillets
small bunch chives, snipped
mash, to serve

1 Heat the oil in a large, deep frying pan with a lid. Cook the leek for 5-10 mins until soft but not coloured, then pour in the stock. Simmer for a few mins until reduced slightly then add the crème fraîche and season. Cook for 1 min more.

2 Tip in the peas and beans, nestle in the salmon fillets, then turn down to a simmer and cover. Cook for 12-15 mins, depending on the thickness of the salmon, until cooked through. Sprinkle on the chives and serve with mashed potato, if you like.

PER SERVING 436 kcal, protein 36g, carbs 9g, fat 29g, sat fat 10g, fibre 5g, sugar 3g, salt 0.34g

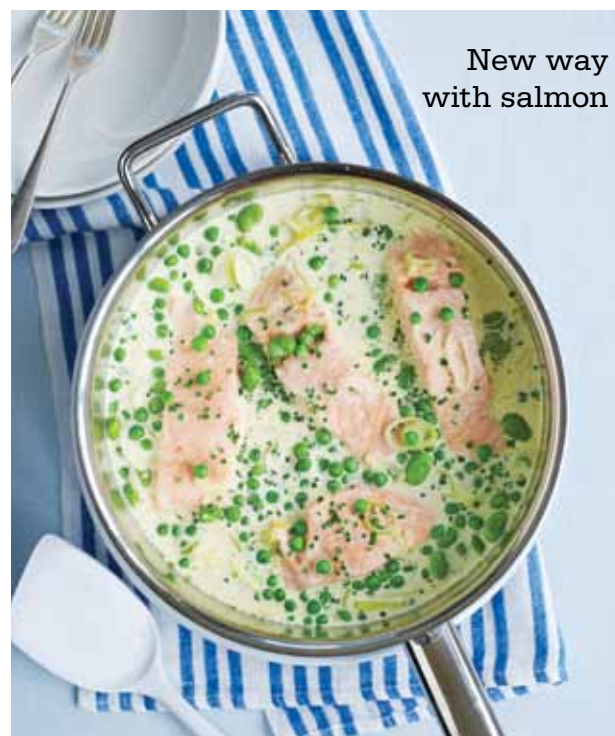
MAKE IT DIFFERENT

Chicken with greens & tarragon for 4

Swap the salmon fillets for **4 skinless chicken**

breasts. Allow 25-30 mins cooking time for the chicken, and stir in the broad beans and peas with

2 tbsp chopped tarragon for the final 10 mins of cooking time.



New way with salmon

Spiced French toast

SERVES 4 • PREP 5 MINS • COOK 10 MINS  

4 tbsp soft butter
2 tsp cinnamon
2 eggs, beaten
100ml/3½fl oz milk
4 sticky raisin buns, split in half
vanilla ice cream and maple syrup,
to serve

1 Mix 3 tbsp of the butter with half the cinnamon and mash together. Beat together the egg, milk and remaining cinnamon. Sandwich 2 slices of bun together with half the cinnamon butter and repeat with the remaining two slices.

2 Dip in the egg mix and leave to soak for a few secs. Heat the butter in a frying pan until foaming. Cook the hot cross buns for 1-2 mins each side until light golden (you may need to do this in two batches). Press down on them as you cook. Serve each portion topped with a scoop of ice cream and a drizzle of maple syrup, if you like.

PER SERVING 334 kcal, protein 9g, carbs 33g, fat 20g, sat fat 10g, fibre 1g, sugar 14g, salt 0.44g

Ceramic Knives



Great White Knives are some of the **most advanced and sharpest knives** available on the market, and harder than steel. Our ceramic knives and peelers add a **touch of culinary magic** to any kitchen... whether you're a professional chef, gifted amateur, or occasional cook.

Great White Knives..... are Sharper than steel !

Our ceramic knives and peelers are made from zirconia, the world's second hardest material after diamond.

Great White Knives..... are Healthier - no rust!

Our ceramic knives and peelers do not contain metal, and therefore do not rust.

Great White Knives..... are Cleaner - no stains!

Our ceramic knives and peelers are stain-resistant and non-porous, and prevent meat, fish and vegetables from discoloring the blades.

Great White Knives..... Last Longer - need sharpening only once a year!

Our ceramic knives and peelers maintain their sharp edge for up to 10x longer than metal blades. They only need sharpening once a year due to the composition and hardness of the zirconia they are made from.

Great White Knives..... Make Food Tastier!

Our ceramic knives and peelers do not affect the taste of food, unlike metal knives.

“Great White Knives are a pleasure to use, they've been designed to be durable and stay sharp for longer. Their ceramic blade means they are more hygienic and because they are sharper means that they are safer to use.” - Paul Lupton, Head Chef Gary Rhodes' RHODES MEZZANINE

Telephone: +971 4 311 7169 • **Email:** info@greatwhiteknives.com

www.greatwhiteknives.com

5 new ways with wraps

Keep a pack of wraps in the cupboard and a quick meal is never far away

Carrot & houmous roll-ups

SERVES 4 • PREP 10 MINS • NO COOK

Easy **V** **Superhealthy**

COUNTS AS 1 OF 5-A-DAY

Spread a **200g tub houmous** between **4 seeded wraps**. Coarsely grate **4 carrots** and scatter on top of the houmous, finishing each wrap with a **small handful rocket leaves** and some seasoning. Roll up and eat.

PER SERVING 355 kcals, protein 10g, carbs 37g, fat 19g, sat fat 3g, fibre 6g, sugar 8g, salt 1.09g

Egg mayo & watercress wraps

SERVES 4 • PREP 5 MINS •

COOK 10 MINS **Easy** **V** **GOOD FOR YOU**

Roughly chop **4 hard-boiled eggs**, mix with $\frac{1}{2}$ small, **diced red onion**, **4 tbsp mayonnaise** and some seasoning. Spread onto **4 wholemeal wraps**, add a **handful of watercress** to each wrap, roll up and serve.

PER SERVING 202 kcals, protein 9g, carbs 1g, fat 18g, sat fat 4g, fibre 1g, sugar 1g, salt 0.42g

Prawn cocktail rolls

SERVES 3 • PREP 10 mins • NO COOK

Easy **V** Mix **3 tbsp mayo** with **1 tbsp tomato**

ketchup and a **few drops of Tabasco**. Mix in **200g small cooked prawns**. Shred

1 Baby Gem lettuce, then scatter over the middle of **3 wholemeal wraps**.

Top each with the prawn cocktail mix and some seasoning. Roll up and serve with extra **Tabasco**, if you like it hot.

PER SERVING 332 kcals, protein 20g, carbs 31g, fat 15g, sat fat 2g, fibre 2g, sugar 3g, salt 2.24g

Cheese & ham quesadillas

SERVES 4 • PREP 5 MINS • COOK 10 MINS

Easy **V** Mix **200g grated cheddar** with **140g**

shredded ham and **1 bunch of sliced spring**

onions (optional). Divide the mixture between **4 white wraps** and fold each one over to make half moons. Heat a large frying pan. Cook the quesadillas for 1-2 mins each side until the cheese has melted and the outside is golden and crisp.

PER SERVING 414 kcals, protein 24g, carbs 29g, fat 23g, sat fat 12g, fibre 2g, sugar 2g, salt 2.53g

Cobb salad wraps

SERVES 6 • PREP 15 MINS • COOK 10 MINS

Easy **V** Hard-boil **2 eggs**, about 10 mins.

Cool, shell and cut into wedges. Meanwhile, roughly chop **6 rashers streaky bacon** and fry until crisp. Thinly slice **2 cooked chicken breasts**, crumble **140g blue cheese** and shred **1 Baby Gem lettuce**. Spread **6 white wraps** with $\frac{1}{2}$ **tbsp mayo** each, then layer the other ingredients in the middle. Season with black pepper and roll up.

PER SERVING 428 kcals, protein 27g, carbs 28g, fat 24g, sat fat 8g, fibre 2g, sugar 1g, salt 2.03g





Give your **children the healthiest** possible option

Buying ready-made jars of baby food may seem like the simplest option, but making your own home-made puréed meals means that you can keep control of the ingredients, keep the cost down, ensure that there are no additives or preservatives, and make enough to freeze in larger quantities, cutting down the time you spend in the kitchen.

Overall, better for your baby's health and giving you more quality time to spend with your child.

Kenwood's Triblade Hand Blender is ideal for creating tasty, healthy meals for your baby at the touch of a button. What's more, because Kenwood Triblade Hand Blenders are so incredibly versatile, you'll be able to create a host of delicious meals and snacks for the whole family, from soups and sauces, smoothies and milkshakes, patés and purées, dips and mayonnaise.

With the power, style and practical functionality you'd expect from Kenwood, and incorporating the unique Triblade concept – a 3 blade system that gives 50% more swept area than traditional 2 blades systems – as well as variable speed, turbo and pulse functions and with a variety of attachments available, Kenwood's range of Hand Blenders are the quickest way to turn even the simplest dish into a culinary masterpiece.

The power and efficiency of the Kenwood Triblade's 700 watt motor delivers optimum performance, giving you perfect control to blend effortlessly, so making everything from baby food to mashed potato is simple and quick. Plus, the innovative Bigfoot™ pan blending attachment allows you to create delicious dhals and creamy curries perfectly, directly in the pan, with no splashing. And, because the Triblade's wand and attachments are dishwasher proof, cleaning up is easy too!

The Kenwood Triblade Hand Blender's ergonomic suregrip handle, easy to hold body and 1-handed push button operation, allied to a longer length wand for blending in deep pans and a unique foot design with 6 blending ribs designed to break up the vortex, whatever you're preparing, a Kenwood Triblade Hand Blender is the perfect solution for quickly and efficiently creating more in the kitchen, giving you more time to spend with your friends and family enjoying the culinary delights you have prepared.

Blend, mix, whisk or chop - whatever you want to do, the Kenwood Triblade is the quick, simple solution.Ⓚ



Chicken Purée with Sweet Potato & Apple

Introduce your baby to chicken with this simple recipe. The sweet potato and apple add sweetness and flavour as well as a smoother texture that babies will love.

Ingredients

Makes approx 5 portions (suitable for freezing)

- ½ tbsp olive oil
- ½ small onion (peeled and chopped)
- 100g chicken breast (cubed)
- 1 sweet potato approx 300g (peeled and chopped)
- 200ml unsalted chicken stock or water with a bay leaf
- 1 small apple (cored, peeled and chopped)

Method

Heat the olive oil in a saucepan and sauté the onion till softened.

Add the chicken and sauté until thoroughly cooked.

Add the sweet potato, apple and stock.

Bring to the boil and simmer for about 15 minutes. Purée to the desired consistency using the Triblade Hand Blender



EVERYDAY

How make delicious SMOOTIES



The refreshing flavours of summer in a glass, enjoy these yummy coolers

EDITED BY **JESSICA GUNN**

Pulpy passion

■ MAKES 1

In a blender combine the pulp of **2 passion fruit**, **1 small mango** cut into chunks, **75g pineapple** cut into chunks, **75ml pineapple juice**, **juice of 1 lime**, **7 ice cubes**, a pinch of both ground **black pepper** and **cayenne pepper** and whizz until smooth. The cayenne pepper gives the smoothie a little bit of a kick but leave it out if you like.



The Delicatessen at Dusi Thani Dubai serves lovely freshly squeezed juice blends. Here are some of their flavour combinations available that have wonderful health benefits too

Carrot, apple and ginger

Reduces the risk of many different types of cancer including skin and breast cancer. Helps with weight loss too.

Carrot and orange

Helps maintain good eyesight, bones, teeth, liver, nails, skin and hair.

Pears, carrot and apple

Helps prevent allergies and other skin problems and is beneficial for the heart and blood pressure.

Cucumber, celery and apple

Calming, cooling and stress releasing, it lowers blood pressure too.

Strawberry, honey and watermelon

Cleansing and fantastic for skin, this combination boosts your energy and immune system, aids weight loss and helps with insomnia.

Avocado, pineapple, honey and milk

Useful for fighting skin disorders, this combination also helps people suffering from digestive and circulatory problems.

Apple, pineapple and watermelon

Helps boost the immune system, aids in digestion and helps you cope with anxiety.

Berry blast

■ MAKES 1

Put a heaped tablespoon each of **frozen blueberries**, **raspberries** and **strawberries** in the blender with 300ml/ 1/2 pint **apple juice** and three tablespoons of **natural yogurt**. Blitz until smooth.



Breakfast super smoothie

■ SERVES 2 EASILY DOUBLED

Good source of calcium and vitamin C, counts as 1 of 5-a-day, low fat

150g punnet blueberries
2 bananas
50g/2oz medium porridge oats
1/2 a 500g pot natural yogurt
300ml/1/2pt semi-skimmed milk
2 tbsp clear honey
1 tsp poppy seeds
nutmeg, for grating

1 Tip the blueberries into a blender and blend into a purée. Pour the contents into a bowl, set aside, then rinse the blender clean.
2 Chop the bananas into chunks, then add to the blender with the rest of the ingredients and blend until smooth. Pour some of the banana mixture into 2 large glasses, top with a spoonful of blueberry purée, then more of the banana. Continue until you have used up both mixtures, then finish the top with a swirl of purée. Grate nutmeg over, to serve.

PER SERVING 403 kcs, protein 18g, carbs 72g, fat 7g, sat fat 3g, fibre 5g, sugar 52g, salt 0.42g



Kenwood Mango Lassi

1 cup plain yoghurt
1/2 cup milk
1 cup chopped mango, peeled and stone removed
4 teaspoons sugar, to taste
A dash of ground cardamom (optional)

1 Put the mango, yoghurt, milk, sugar and cardamom into the Kenwood Smoothie PRO and blend for 2 minutes.
2 Then pour into individual glasses.
3 Sprinkle with a little cardamom and serve.

Whizz up your summer smoothies with the fantastic Kenwood Smoothie PRO

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- Stir stick
- Dishwasher-safe parts and removable blades
- Cable storage
- Rubberised feet for safety and stability

Smoothie PRO





Apple, lime mint

■ MAKES 1

Cut three **apples** into quarters. Put a handful of **mint leaves** through the juicer, then the apples. Squeeze the juice of half a **lime** into the juice.



Five fruit juice

■ MAKES 1

Cut two **apples**, one nectarine and one **pear** into quarters. Put a small bunch of **grapes** through the juicer, followed by the chopped fruit. Stir in the juice of four **oranges**.



Peachy dream

■ MAKES 1

Put two heaped tablespoons of frozen chopped **banana**, one chopped **peach**, one chopped **nectarine**, four tablespoons of **natural yogurt** and 300ml/ 1/2 **pint apple juice** in the blender. Blitz until smooth.



Carrot, orange & ginger

■ MAKES 1

Put a small piece of fresh **ginger** through the juicer with two **carrots**. Stir in the juice of three **oranges**.

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www.kenwoodworld.in

*Source: GfK 10 Countries 2010, by value – excl. Juicers

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With the summer months upon us, Dubai-based nutritionist and founder of Good Habits, Carole Holditch talks about the importance of keeping the body hydrated



It is important to remember that the human body is made up of 50 to 75 percent water, or about 10 to 12 gallons, so staying hydrated is essential for proper body functioning. Just by breathing, we lose half a pint of water a day!

To give you an idea, fill a glass of water and just leave it for a day or two and it will evaporate into the atmosphere and it isn't even doing anything.

Water regulates body temperature, helps our breathing, transports nutrients, carries away waste and helps our muscles function. By staying hydrated, your metabolism is more efficient and your liver and kidneys function properly.

If you deprive your body of water, or fluids, it actually stores more in the ankles, hips and thighs – it doesn't trust you to keep bringing water in, so it keeps what it can get, like a thirsty cactus!

In order to get into a good hydration routine, nutritionists recommend that you drink fluids (preferably water) before

you go to sleep at night and again as soon as you wake in the morning. After all this is probably the longest time (6-8 hours) that you go without having a drink of some sort, and we always wake up thirsty.

Water really is the best and quickest way to rehydrate your body, but if water isn't your thing, then juices or water based drinks are fine. Think of your body as your car engine and keep it tanked up for a long journey.



Food usually accounts for 20 percent of your total fluid intake, and some of the best options are salads: lettuce for example is 95 percent water. Fruit is always a good option too, particularly oranges, watermelon, apples, and grapefruit, as these fruits are very thirst quenching. Soups and vegetables such as broccoli have substantial water content that will replenish the body's fluids, and milk, milkshakes and smoothies are all hydrating too. If you love tea, try swapping your usual black tea for a mint or fruit tea, which are all very refreshing.

In hot weather especially, alcohol or caffeine and sodas are best avoided as they act as a diuretic on the body, causing us to lose fluids and become dehydrated. The resulting dry mouth is an indication of thirst, and a sign that you are already dehydrating.

Perspiration is your body's normal way of cooling itself, be it from the heat outside, from exercise or physical activity, or even when we are sleeping. And, the more we perspire in hot weather, the more important it is to replace lost fluids.

Remember, that even spending time in air conditioning drains the body of fluids. Although it works in the opposite way from central heating, it still drains the body of vital moisture, making our skin dry, and sometimes itchy, so just because you are indoors all day doesn't mean that you don't have to drink.

As a guide to know whether you are drinking enough – if you are thirsty, you are already dehydrated. The simplest way to tell whether you're hydrated is the colour of your urine; if it's almost clear, that indicates that you are properly hydrated.

In short, don't wait until you feel thirsty to have some fluids – it is better to be topping up the body regularly, so that you can perform efficiently, both physically and mentally.

FOODS THAT HYDRATE YOU

There are three main food groups that will help you to stay hydrated if you are not a big drinker. The first is fresh, juicy fruits, the second is fresh vegetables (especially green ones) and the third is soups, broth or water-based soups. Incorporating these into your diet will help you to stay hydrated.

Juicy fruit can be so tasty and will help hydrate you, and there are many fruits to choose from. It is best to eat the fruits that are in season if you are trying to stay hydrated. The fruit in season will have less packaging time and will offer the best hydrating benefits. Some great first choices are apples, kiwi, watermelon, grapefruit, coconut, strawberries, and any type of berries.

The coconut especially will help with hydrating your body. Berries are one of the next best. They offer a wide variety to choose from and one isn't necessarily better than the next. So choose any berry you like to help you stay hydrated.

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Hydrating food to stop you flagging



While many people think of water and juice as the means to hydration, there are many foods that keep the water levels in the body at a good level. This summer, try out these cool and refreshing meals

Salmon, avocado & cucumber salad

SERVES 4 • PREP 10 MINS • COOK 6-8 MINS **Easy** **Superhealthy** Counts as 3 of 5-a-day, good source omega-3 and vit C

4 skinless salmon fillets, about 100g each
3 avocados
1 cucumber
400g bag mixed salad leaves
FOR THE DRESSING
4 tbsp chopped mint
juice 2 limes, plus zest 1
2 tsp clear honey
3 tbsp olive oil, plus extra for the salmon

1 Season salmon, then rub with oil. Mix the dressing ingredients together. Halve, stone, peel and slice the avocados. Halve and quarter the cucumber lengthways, then cut into slices. Divide salad, avocado and cucumber between 4 plates, then drizzle with half the dressing.

2 Heat a non-stick pan. Add the salmon and fry for 3-4 mins on each side until crisp, but still moist inside. Put a salmon fillet on top of each salad and drizzle over the remaining dressing. Serve warm.

PER SERVING 458 kcals, protein 23g, carbs 7g, fat 38g, sat fat 6g, fibre 4g, sugar 5g, salt 0.14g

This low-carb, high protein lunch will boost your energy levels for longer



Egg drop chicken noodle soup

SERVES 4 ● PREP 5 MINS ● COOK 10 MINS **Easy** Good for you, Low fat

2 skinless, boneless chicken breasts, diced
1.2 litres/2 pints low-salt chicken stock
140g/5oz wholewheat noodles
140g/5oz baby corn, halved lengthways, or frozen sweetcorn
2 eggs, beaten
squeeze lemon juice
½ tsp Sherry vinegar
2 spring onions, finely chopped

1 Place the chicken and stock in a large pan and bring to a simmer for 5 mins. Meanwhile, cook the noodles following pack instructions.

2 Add the corn to the stock and cook for 2 mins. Stir the broth vigorously, then while it's still swirling, hold a fork over the pan. Pour the eggs over the prongs in a slow stream. Stir again in the same direction then turn off the heat. Add a squeeze of lemon juice and the vinegar.
3 Drain the noodles and divide between four bowls. Ladle over the egg drop broth, scatter with onions and serve.

PER SERVING 273 kcs, protein 26g, carbs 30g, fat 6g, sat fat 1g, fibre 3g, sugar 2g, salt 1.04g

TIP A great dish for using up leftover roast chicken – just tear the meat into small pieces and add to the stock with the corn.

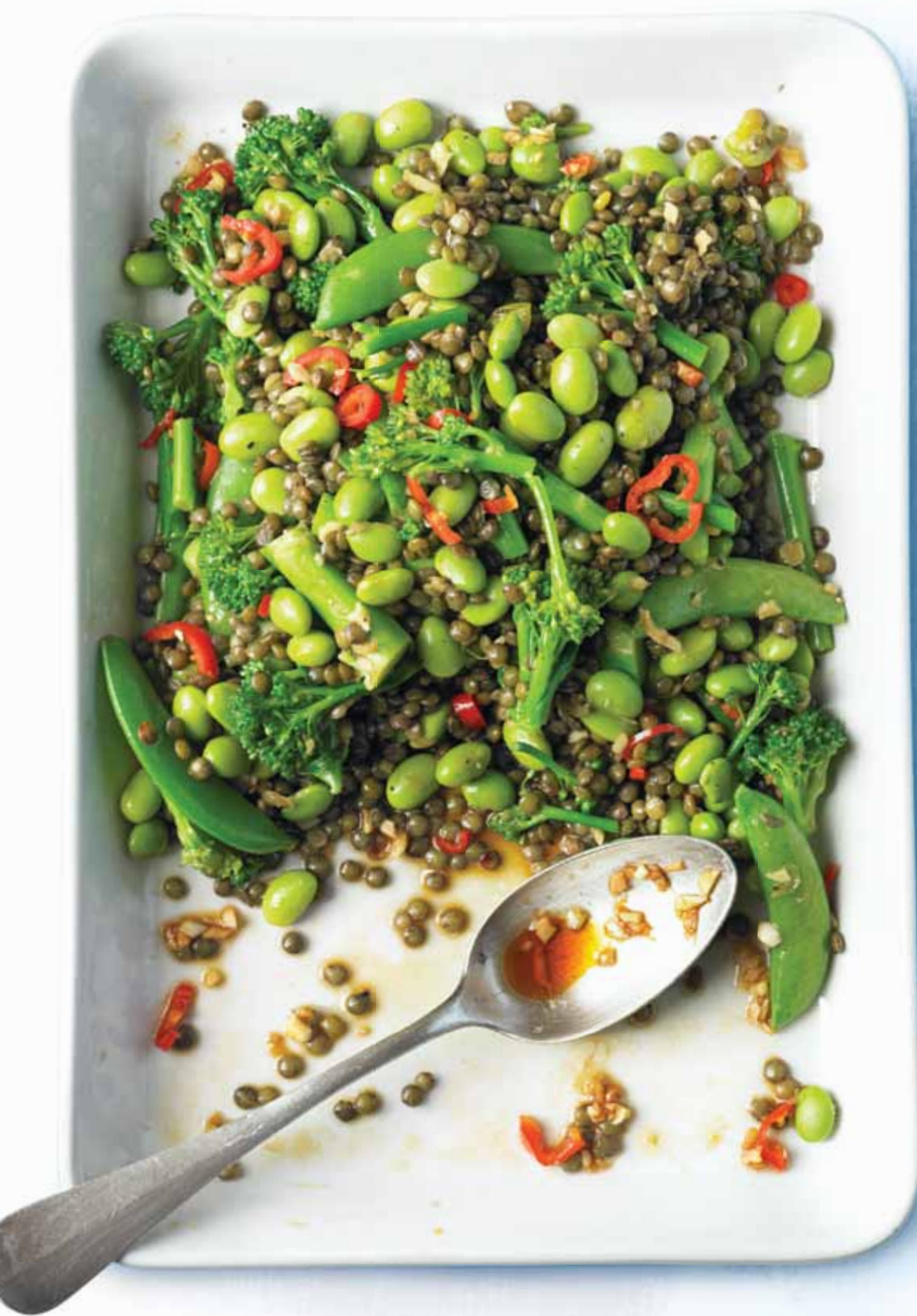
MAKE IT VEGGIE Chinese mushroom soup

Replace the **chicken** with **250g halved button mushrooms**, and stir in a **handful of beansprouts** with the **corn**.



Le succulent médaillon de boeuf couvert de poivre Szechwan et flambé dans une sauce crémeuse au poivre vert

Succulent beef medallions covered with Szechwan pepper and flambéed in a decadent green peppercorn sauce



Puy lentil salad with soy beans, sugar snap peas & broccoli

SERVES 4 • PREP 5-10 MINS •
COOK 15 MINS

200g/8oz Puy lentils
1 litre/1¾ pts hot vegetable stock
200g/8oz Tenderstem broccoli
140g/5oz frozen soy beans, thawed
140g/5oz sugar snap peas
1 red chilli, deseeded and sliced
FOR THE DRESSING
2 tbsp sesame oil
juice 1 lemon
1 garlic clove, chopped
40ml/2½ tbsp reduced-salt soy sauce
3cm piece fresh root ginger, finely grated
1 tbsp clear honey

1 Boil the lentils in stock until just cooked, about 15 mins. Drain, then tip into a large bowl. Bring a saucepan of salted water to the boil, throw in the broccoli for 1 min, add the beans and peas for 1 min more. Drain, then cool under cold water. Pat dry, then add to the bowl with the lentils.

2 Mix together the dressing ingredients with some seasoning. Pour over the lentils and veg, then mix in well with the sliced chilli. Pile onto a serving platter or divide between 4 plates and serve.

PER SERVING 302 kcals, protein 22g, carbs 42g, fat 7g, sat fat 1g, fibre 8g, sugar 9g, salt 1.41g

Spiced red lentil soup

SERVES 4-6 • PREP 5 MINS • COOK 30 MINS Easy V ♻️

26P PER SERVING

Fry **1 chopped onion** in **1 tbsp olive oil** until soft. Stir in **1-2 tbsp red Thai curry paste**, depending how hot you want it. Add **300g red lentils** and mix to coat in the paste. Pour over **1.7 litres vegetable stock** and simmer for 20 mins until the lentils are tender. Blend with **200ml coconut milk** and reheat if needed. Serve scattered with **chopped spring onions**, if you like.

PER SERVING 390 kcs, protein 20g, carbs 51g, fat 13g, sat fat 8g, fibre 6g, sugar 9g, salt 1.44g



Peugeot pepper mills just make more sense

Freshly-ground pepper can dramatically enhance the flavours of a dish. If you don't have a pepper mill at home, it might be time to purchase one

Grinding pepper releases flavourful, volatile oils that evaporate after time, so the full flavour of pepper is only obtained if it is freshly ground onto food at the end of cooking or after serving. This is why chefs always prefer to use freshly ground pepper.

Try it yourself by grinding some fresh pepper and comparing it to the pepper in your spice cabinet that's been there for years (probably hidden behind the ground mustard). But do start with the old pepper first or the freshly ground pepper will overpower it.

If you don't have a pepper mill at home, you may want to think about getting one. It's amazing how a simple ingredient like freshly ground pepper can dramatically change the flavour of a dish.

When choosing a pepper mill, it is important to look for a mill that is elegant and functional. Peugeot began making pepper mills over 200 years ago and has several finely crafted mills to choose from. All Peugeot mills carry a limited lifetime warranty on the mechanism.

A tactile operation mill, it illuminates when in use



Very easy to fill



Adjustable grid for different coarseness



Peugeot's Elis Sense

A recent innovation from Peugeot, the easy touch Elis sense salt and pepper mills, grind salt or pepper literally at the touch of a finger tip. The touch sensitive button at the top of the mill operates the grinding mechanism by simultaneously touching the mill body with the tactile touch sensitive button at the top.

Also, the U'Select ring lets you adjust the coarseness to the desired consistency. You have a choice of six levels of coarseness for pepper and three levels of coarseness for salt. When in operation, the outer ring of the tactile button is framed in a blue light. While milling, the illuminated LED at the dispensing point, offers complete control over the amount of salt or pepper dispensed. The entire unit is housed in a sturdy and an easy to clean stainless body and a polycarbonate reservoir – Talk about elegant convenience!

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548; Zwilling J A Henckels, Dubai Mall, 04-4340725

TAVOLA

Sweet potato

GOOD
FOR
YOU

No relation to the everyday spud, sweet potatoes offer more nutritional benefits than their subterranean namesake, says our health expert *Natalie Savona* PHOTOGRAPH **WILL HEAP**

Originally from South America, this versatile, vine-grown veg makes a tasty change from normal potatoes. They give 50 per cent more fibre, so you'll get at least a third of your daily requirements from an average sweet potato, eaten with the skin on. They also have a low GI, so they're more satisfying.

Their orange colour (although some have white flesh) hints at the rich levels

of beta-carotene: a whopping 11500mcg per 100g compared with just 6mcg in potatoes, and even 40 percent more than carrots. Beta-carotene is converted into vitamin A in the body, helping with immunity and the health of skin and mucus membranes (which line the nose, lungs and intestines). A sweet potato will give you about half your RDA of

vitamin E, and contains useful amounts of other vitamins and minerals, too.

Roasting is a quick way to cook them, as in our recipe (below). They're also good baked whole, boiled or mashed and make a great addition to stews, curries and salads.

Spiced Indian potato wraps

SERVES 3 • PREP 20 MINS • COOK 25-35 MINS **Easy**  **Superhealthy**
Good source of iron, calcium and vit C, counts as 2 of 5-a-day

4 sweet potatoes, cut into chunky wedges
1 red chilli, finely chopped
2 tbsp olive oil
2 tsp cumin seeds
1 tbsp garam masala
1 red onion, thinly sliced
juice 1 lime
2 tsp sugar
6-9 chapatis
150ml/¼pt natural yogurt
large bunch coriander

1 Heat oven to 200C/180C fan/gas 6. Toss the sweet potatoes with chilli, 1 tsp oil, cumin seeds, garam masala and plenty of seasoning on a roasting tray. Roast for 25-35 mins, turning wedges halfway, until tender and golden.

2 Meanwhile fry onion in remaining oil for a few mins until partly softened, stir in the lime juice and sugar with some seasoning, then turn off the heat.

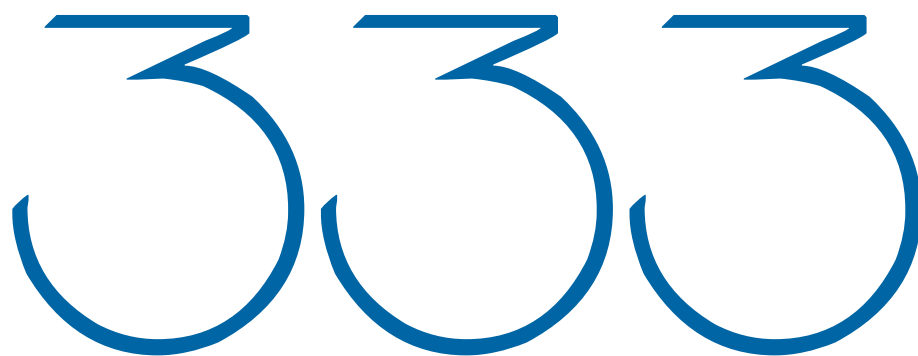
3 Warm chapatis following pack instructions, then assemble by adding a couple of wedges of sweet potato

to each, followed by a scattering of onions, a dollop of yogurt and a small handful of coriander leaves. Roll up and eat.

PER SERVING 445 kcals, protein 13g, carbs 68g, fat 15g, sat fat 3g, fibre 4g, sugar 20g, salt 0.81g

4 REASONS TO EAT MORE SWEET POTATO

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- **Very rich in beta-carotene**
- **A good source of vitamin E**



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Family favourites

Stay on track midweek with these fun, feelgood dishes

RECIPES **SILVANA FRANCO**

PHOTOGRAPHS **GARETH MORGANS**

4

feelgood recipes

Sausages with quick onion gravy

SERVES 4 • PREP 10 MINS • COOK 40 MINS **Easy**  **P**

4 onions, cut into thin wedges
2 tbsp balsamic vinegar
8 sausages
300ml/½pt beef stock
1 tbsp Worcestershire sauce
mashed potato and green beans, to serve

1 Heat oven to 220C/200C fan/gas 7. Put the onions into a roasting tray and drizzle with the vinegar and seasoning. Sit the sausages on top and roast for 30 mins, stirring halfway.

2 Pour over the stock and Worcestershire sauce, return to the oven and cook for 10 mins more. Serve with the mash and green beans.

PER SERVING 400 kcals, protein 16g, carbs 21g, fat 29g, sat fat 9g, fibre 3g, sugar 11g, salt 2.39g

All-in-one twist on a classic

Summer chicken one-pot

SERVES 4 • PREP 10 MINS •

COOK 40 MINS **Easy**  **P**

8 chicken thighs
2 tbsp plain flour
1 tbsp olive oil
8 rashers streaky bacon, chopped
400ml/14fl oz stock
500g bag baby new potatoes, halved
200g pack full-fat soft cheese
200g/7oz broad beans, podded
200g/7oz sweetcorn (frozen, fresh or from a can)
200g/7oz cherry tomatoes, halved

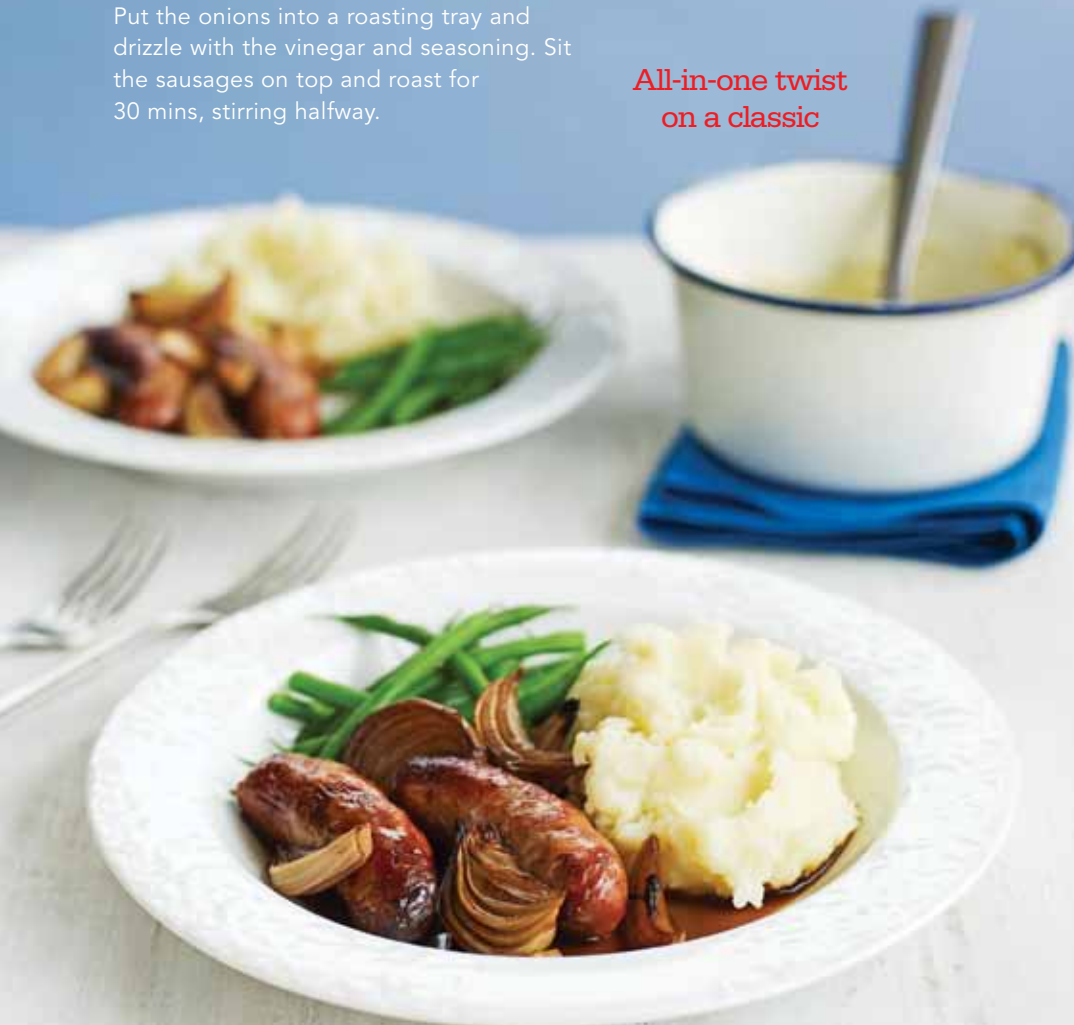
1 Dust the chicken in the flour and some seasoning. Heat the oil in a lidded pan and brown the chicken, in batches if needed, then transfer to a plate. Throw in the bacon and fry for 5 mins, until crisp.

2 Return the chicken to the pan. Add the stock, cover and simmer for 30 mins, adding the potatoes after 10 mins, until the chicken is cooked and the potatoes are tender.

3 Stir in cheese, then the rest of the vegetables and some seasoning. Simmer for 5 mins more, uncovered, then serve.

PER SERVING 701 kcals, protein 61g, carbs 38g, fat 35g, sat fat 16g, fibre 6g, sugar 5g, salt 2.44g

TIP Chicken thighs make a good-value alternative to breasts, however, if you prefer the white breast meat, then swap for 4 skinless breasts, and simmer for just 20 mins with the potatoes.





Big dish to share



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TIP Fill this bread with whatever you fancy. Roasted vegetables from a jar and pesto make a lovely vegetarian alternative. Or try sliced olives, a few tbsp of pesto or some chopped basil.

Pizza picnic bread

SERVES 4-6 • PREP 15 MINS PLUS RISING • COOK 30 MINS Easy 🔥

500g pack white bread mix
plain flour, for dusting
200g/7oz mozzarella, grated
10 thin slices ham
1 small red onion, finely chopped
oil, for greasing
8 tbsp ready-made tomato pasta
or pizza sauce, to serve

1 Make up the bread dough following pack instructions. Roll out on a lightly floured surface to a rectangle approximately 20 x 45cm.
2 Scatter the cheese, ham and onion over, then fold up the edges so the filling is enclosed. Roll into a long

sausage so it looks like a baguette. Transfer to a lightly oiled tray and leave in a warm place, loosely covered with oiled cling film to puff up a little. It will take about 30 mins.
3 Heat oven to 200C/180C fan/gas 6. Brush with some oil and cook for 20-30 mins, until puffed up and golden. Allow to cool a little. Heat the pasta sauce in a small pan until hot. Slice the picnic bread. Eat warm or cold, with the tomato sauce for dipping.

PER SERVING 545 kcal, protein 29g, carbs 74g, fat 17g, sat fat 8g, fibre 7g, sugar 4g, salt 4.50g



Deliciously sticky

BBQ drumsticks with slaw

SERVES 4 • PREP 10 MINS • COOK 45 MINS Easy 🔥

8 chicken drumsticks
150ml/¼pt barbecue sauce
FOR THE SLAW
1 large carrot, grated
½ white cabbage, shredded
1 red onion, thinly sliced
6 tbsp salad cream
crusty bread, to serve

1 Heat oven to 200C/180C fan/gas 6. Slash the chicken with a sharp knife and toss with the barbecue sauce in a roasting tray. Season with black pepper and roast for 45 mins, basting every 15 mins with the sauce from the tray, until sticky and cooked through.

2 Meanwhile, make the slaw. Mix all the vegetables together in a large bowl, then toss through the salad cream and some seasoning. When the chicken is cooked, serve with the slaw and some crusty bread, if you like.

PER SERVING 515 kcal, protein 50g, carbs 22g, fat 26g, sat fat 6g, fibre 3g, sugar 21g, salt 1.62g

MAKE YOUR OWN HOMEMADE BBQ SAUCE

MAKES 150ML/¼PT

In a small saucepan, put **5 tbsp red wine vinegar**, **100g soft brown sugar**, **3 tbsp water** and **4 tbsp tomato ketchup**. Add a dash **Tabasco** and **1 tbsp Worcestershire sauce**. Simmer gently until thick and sticky, about 15 mins. Allow to cool before using as a marinade or serve warm with grilled meat or chicken.

Gorgeous Extra Virgin Olive Oil from La Tourangelle

This first-pressed extra virgin olive oil will bring the warm and sunny taste of the Mediterranean to your cooking. It's gorgeous, fruity and full of flavour; distinctive of the Middle East and The Med. Simply delicious and so versatile too!



Beautiful flavours and with great health benefits, try these recipes below to make the most of your La Tourangelle Olive Oil.



PRESERVED LEMON & TOMATO SALAD WITH FETA

SERVES 4 • PREP 15 mins • NO COOK Easy V GF

4 large fresh tomatoes, deseeded and cut into thick strips
1 large red onion, thinly sliced
1 preserved lemon, pulp removed and rind cut into thin strips (see tip)
200g pack feta cheese
2 tbsp olive oil
juice ½ lemon
small bunch each flat-leaf parsley and mint, finely shredded
crusty bread, to serve

1 Put the tomatoes, onion and lemon in a shallow bowl or platter. Crumble the feta over, drizzle with oil and lemon juice, and scatter over the herbs.
2 Toss gently just before serving along with chunks of warm, crusty bread.

PER SERVING 215 kcals, protein 10g, carbs 9g, fat 16g, sat fat 7g, fibre 2g, sugar 7g, salt 1.49g

TIP Instead of the preserved lemon, you can use the grated zest of a regular lemon.



TURKISH ONE-PAN EGGS & PEPPERS

SERVES 4 • PREP 10 mins • COOK 25 mins Easy V GF
Good source of vit C, counts as 2 of 5-a-day

2 tbsp olive oil
2 onions, sliced
1 red or green pepper, halved, deseeded and sliced
1-2 red chillies, deseeded and sliced
400g can chopped tomatoes
1-2 tsp caster sugar
4 eggs
small bunch parsley, roughly chopped
6 tbsp thick, creamy yoghurt
2 garlic cloves, crushed

1 Heat the oil in a heavy-based frying pan. Stir in the onions, pepper and chillies. Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, season.

2 Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set.

3 Beat the yoghurt with the garlic and season. Sprinkle the finished dish with parsley and serve from the frying pan with a dollop of the garlic-flavoured yoghurt.

PER SERVING 222 kcals, protein 12g, carbs 12g, fat 15g, sat fat 4g, fibre 3g, sugar 9g, salt 0.39g

investigating

SOYA

We eat it unknowingly every day but at what cost to our health and the environment?

WORDS **NICK GULHANE**

* **SOYA IS THE SAUCE WE DIP SUSHI IN, RIGHT?**

We know we enjoy soya at Wagamama and YO! Sushi but that's just the beginning of the story. Soya (or soy), a member of the legume family, is used extensively in Chinese and Japanese cuisine. There are several thousand plant varieties and in the UAE we eat the beans directly as tofu, edamame and soy sauce and in many processed foods, and also indirectly via meat from animals that have been fed on soya.

* **WHY IS SOYA IN DEMAND?**

Because of its high oil content (15–20 percent), soya is classed as oilseed rather than as a pulse. It's low in saturated fat and a good source of omega-3 and omega-6. Equally valuable is its protein content, which is of a better quality than other pulses. The United States Food and Drugs Administration describes soya as a 'complete protein,' i.e. one that contains all the essential amino acids that we need. Soya is as nutritionally beneficial as meat or eggs.

* **HOW MUCH SOYA DO WE CONSUME?**

In 1965 global production was about 30 million tonnes. Today it is about 220 million tonnes (soystats.com). The US, Brazil and Argentina are the world's top three producers, and with its rapidly expanding population, the biggest consumer is China. According to the United States Department of Agriculture (USDA), last year China imported almost half the world's export production, most of which was converted into animal feed to satisfy the rising demand for meat.

The EU consumes a fifth of the total world production of soya, mainly in the form of

soymeal, a protein-enriched concentrate, again, largely used to make animal feed.

* **HOW MUCH SOYA IS IN OUR FOOD?**

Soy beans themselves are not eaten in large quantities in the UAE. However, The Institute of Food Research claims that as much of two thirds of all manufactured food contains soya derivatives or ingredients made from soya; you will find it in breads, pastries, cereal, meat and cheese products, soups, margarine, mayonnaise, sweets and many other familiar food products.

“two thirds of all manufactured food contains some soya”

* **HOW IS SOYA LINKED TO MEAT?**

Looking at Britain as an example, practically all the meat eaten in the UK comes from animals fed on soya. This largely followed the British BSE epidemic of the late 1980s. Before the outbreak, cheap animal feed was created in the form of meat and bone meal supplements derived from the carcasses of other farmed animals. The practice was banned in 1997, but corresponded with a tripling of Argentinian soya production, and a doubling in Brazil, to meet demand for protein-rich animal feed.

According to a 2006 Food and Agriculture Organisation of the United Nations report, 97 percent of the world's soymeal is used in animal feed – mainly for poultry. Britain is the EU's largest producer of poultry; demand for cheap chicken means that supermarkets expect intensively reared birds to reach slaughter weight no more than 40 days after

hatching. Intensive farming of this kind relies on a diet of enriched soymeal.

Organically-reared animals are allowed restricted amounts of soya-based food but it must be organic and non-GM.

* **DOES SOYA PRODUCTION IMPACT ON THE PLANET?**

Yes, it's linked to serious environmental concerns. Central to any discussion is the Amazon rainforest and its role in climate change. 60 percent of the forest – often described as the world's lungs – lies in Brazil. Data from the Brazilian National Institute of

Space Research (INPE) and the FAO suggests that almost 18% of the Amazon has been deforested since 1970 – an area greater in size than France.

According to Philip Fearnside of Brazil's National Institute for Amazonian Research, only a little of this deforestation is directly linked to soya. But because soya farms generally take over land already cleared of trees, they 'push cattle ranchers and slash-and-burn farmers ever deeper into the forest frontier' (sciencemag.org).

Forest destruction increases carbon emissions and reduces overall global capacity to store carbon. It also impacts on soil quality. Stripping the ground of its natural cover reduces the amount of organic material available to replenish nutrients, maintain soil depth and retain moisture. Soil also becomes prone to wind erosion. As soil becomes depleted, all large monocultures – soya included – need fertiliser, the production of

QUICK
READ

which contributes to greenhouse gases and, if not appropriately used, can have a disastrous impact on biodiversity in rivers.

Soya also requires more pesticide than most other crops. When improperly used, pesticides can have a major impact on human health as well as water quality and biodiversity. According to the WWF, 150,000-200,000 cases of pesticide poisoning are reported in Brazil each year – with 4,000 fatalities. Recently the diversion of soya from the food chain into bio-fuels has also led to price increases and the further development of soya plantations to satisfy food and fuel needs.

* WHAT ABOUT THE SOCIAL CONSEQUENCES?

Throughout soya-growing South America, land has become highly contested, often resulting in the violent displacement of poor and indigenous peoples. According to the Brazilian Churches Land Commission, death threats, aggression, incarceration, torture, and even murder, have resulted.

In the Brazilian state of Mato Grosso, 72 percent of agricultural land is planted with soya. 2003 marked a major national growth in soya production, and the year coincided with the greatest number of recorded conflicts, affecting some 9,000 families. Although figures are unavailable, the Dutch Soy Coalition has stated that the expansion of soya likely accounted for a 'significant share' of conflicts.

Soya is also linked to increased urban poverty. At a recent meeting with members of the House of Commons environment, food and rural affairs select committee in February 2009, soya activist Father Edilberto Sena explained how poor, small-scale farmers are enticed into selling their land to big soya producers. Because it is already cultivated, the new landowners cannot be accused of deforestation. With money from the sale, these small farmers seek a new life in the cities, only to find that they do not have the skills to make a new living. When the money runs out, most are forced into poverty or back into farming – but onto fresh land that has to be newly deforested.

SOYA PROS

- It's an excellent non-meat source of protein for humans.
- It's an easily available alternative to decreasing fish stocks as a source of omega-3 oils.
- It provides a healthy source of animal feed for meat production.
- Chemicals extracted from soya are used in a range of biodegradable and non-toxic products, from adhesives and inks to cleaning products and lubricants.

SOYA CONS

- The UK's demand for soymeal means that hundreds of thousands of hectares in Brazil and Argentina are farmed for British meat eaters.
- Increased soya planting has had a direct impact on the deforestation of the Amazon rainforest in Brazil, which also reduces global capacity to store carbon.
- There are homegrown alternatives to soya animal feed, but EU members choose to use the easier, cheaper option of soya.

3 THINGS YOU CAN DO NOW

- Make meat a treat: soya is an energy-intensive crop and used extensively for meat production. The less meat you eat, the less greenhouse gases you are responsible for.
- Think responsibly: organic soya is far less harmful to biodiversity, so buy that instead.
- Go local: there are homegrown alternatives to soya. Check to see if your butcher knows any soya-free meat suppliers.

FOR MORE INFO

- Read BBC articles on soya and in particular its effects on the Amazon at: news.bbc.co.uk/1/hi/sci/tech/3622108.stm
- bbc.co.uk/bloom/actions/soya.shtml

* CAN I BUY RESPONSIBLY PRODUCED SOYA?

March 2005 saw the first meeting of the Round Table on Responsible Soya. Since then, representatives from growers, trade and civil society organisations have sought to create a set of criteria to protect forests, ensure transparency in land-use planning and respect land rights. Many British companies – from supermarkets to food and animal feed manufacturers – have agreed to abide by these criteria. However Jan Maarten Dros calculates that 'responsible soya' costs \$15-\$40 extra a tonne – a mark-up borne by consumers.

* WHAT ABOUT GM SOYA?

GM soya is widely grown – practically all of Argentina's soya is GM, accounting for 50% of our soymeal imports. In the UK foods such as oil or flour sourced directly from GM products have to be labelled GM. Where it is an indirect ingredient, such as in meat from animals raised on GM feed, it doesn't have to be labelled. The Soil Association calls this scandalous as it does not allow consumers to make a fully informed choice.



EVERYDAY

How to use up... natural yoghurt

It's really versatile and so much healthier than a dollop of cream. Here's 10 simple ways to use up that pot of yoghurt

PHOTOGRAPH DAVID MUNNS



Creamy harissa dip

Create an unusual Moroccan-style dip by blending yoghurt with roasted red peppers, ground cumin, a squeeze of harissa paste and the juice of a lime in a food processor. Serve with vegetable sticks or warm pitta bread.

Perk up cauliflower

Make a healthy side dish by frying cauliflower florets and chopped onion in a little oil. When tender, purée with spoonfuls of yoghurt and season with paprika and salt to taste.

Tandoori chicken skewers

Make a marinade with 5 tbsp yoghurt, 1 tsp ginger paste or grated fresh root ginger, juice ½ lemon and 1 tbsp tandoori curry paste. Pour over chunks of chicken and leave for 30 mins. Thread the meat onto skewers and grill on high, turning occasionally and basting with the marinade, until cooked through.

Mackerel & broccoli pasta

For a simple pasta dish, cook pasta shapes and throw in broccoli florets for the final 3 mins of cooking. Drain and stir through flaked smoked mackerel fillets and spoonfuls of yoghurt mixed with a little wholegrain mustard.

Seasonal detox salad

For a quick and healthy snack, shred a good

wedge of red cabbage in the food processor, then change the disc and grate in a carrot, parsnip and apple. Mix with 1 tbsp pumpkin seeds in a large bowl. In a jar, shake together 3 tbsp yoghurt, a squeeze lemon juice, 2 tsp grated root ginger and 1 tsp clear honey. Stir through the salad.

Herby cubes for soup

Jazz up soup by stirring chopped fresh herbs into yoghurt. Pour into an ice tray and freeze. Drop the ice cubes into warmed soup as a creamy garnish.

Fruity power shake

For a quick energy fix, blitz 2 peeled and cored ripe pears, 1 large banana, handful sunflower seeds, 150ml natural yoghurt, 150ml orange juice and 1-2 tbsp clear honey in a blender until smooth. Throw in a handful of ice cubes and give it one more blast. Serve immediately.

Quick yoghurt ice

Swirl together a 225g pot of fruit compote with a 500ml pot of yoghurt, sweetened with 2 tbsp clear honey, to create a rippled effect. Pour into a 1kg loaf tin lined with cling film, and freeze. Turn out onto a board 30 mins before serving, and cut into slices once slightly softened. This works well with added whole nuts and dried fruit, too.

Oil-free French dressing

For a light dressing, whisk together 6 tbsp yoghurt, 1 tbsp white wine vinegar, 1 tsp Dijon mustard, 1 crushed garlic clove and 1 tbsp chopped fresh herbs, then season to taste. Pour over steamed vegetables or crunchy salad.

Lighten up mash

Instead of butter and milk, beat dollops of yoghurt into mashed potatoes. Flavour with mustard or horseradish.

DID YOU KNOW?

Yoghurt is a great source of calcium and, as well as cow's milk yoghurt, sheep and goat's milk versions are widely available. These are often tolerated more easily by people who cannot take cow's milk products. Probiotic or 'live' or 'bio' yoghurts contain live cultures that have a positive impact on the digestive system.

* Chef's Bites

We get cooking with top chefs in the UAE and explore the diverse world of food in the Emirates

- * **All eyes on The Ivy**
- * **One small seed**
- * **M for 'Mediterranean'**
- * **Caribbean cravings**
- * **Behind-the-scenes of the Burj Al Arab**



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* Michelin-starred chef Mansour Memarian



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* Sustainable cuisine at Le Bistrot



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* Caribbean papaya, mango and jicama salad



70

* Chef de cuisine Ana Gasperi of The Rib Room

All eyes on The Ivy



The much-anticipated offshoot of the London celebrity restaurant opens in Dubai on 9 June. *Lauren Hills* speaks to head chef Simon Conboy and managing director of Jumeirah Restaurants Phil Broad about what we can expect as this British institution comes to the Emirates

The shepherd's pie,
one of The Ivy's signature dishes

"I think it is daunting and inspiring in equal measure, it is definitely a big thing, but I relish the challenge," says Simon Conboy, the head chef of the soon to-be-opened Ivy restaurant, situated at The Boulevard Mall in Jumeirah Emirates Towers.

And what a challenge it will be. The Ivy in London is known as one of the most sought-after restaurants in England, frequented by celebrities and the West End theatre scene, with tables booked out weeks, if not months, in advance. As the British institution opens in Dubai, it will be interesting to see how the restaurant concept fares in comparison to its London counterpart.

"The Ivy in Dubai will have many similarities to the London location with green leather upholstery and the famous triangular stained glass and oak panelling. However, The Ivy in Dubai is almost twice the size in terms of square footage and capacity. In

addition, it also boasts a large internal terrace and private dining room, and the key difference will be the prominent and impressive bar display that is ideal for after-work drinks and light meals or for pre-dinner drinks or cocktails," says Phil Broad, managing director of Jumeirah Restaurants, the holding company of The Ivy, Dubai.

The menu will have many similarities to the London restaurant too, with classics such as the poulet for two, shepherd's pie, Dover sole and bang bang chicken. However, Conboy emphasises that the menu will constantly be evolving, with twists that will be unique to Dubai. He says his team will create daily specials, and there will be dishes created in a lighter way to suit the warmer Emirates climate. The menu is grand brasserie, or 'brasserie deluxe' in style, and while it is not fine dining in the sense of Michelin stars, there is an emphasis on quality of ingredients and simply cooked food.

"The menu is eclectic; we have British classics and many ethnic dishes – your curries, your hors d'oeuvres and South-East Asian dishes too – there is something for everyone. You can come in every week and eat a burger, or have the shepherd's pie, but you can have caviar, you can have a beautiful Dover sole and foie gras too. The price is structured around this: You can have a relaxed meal for lunch or a full-on dining experience. It will be an evolving menu that takes on different influences," he explains.

Originally from Sheffield in South Yorkshire, Conboy has had a career in many respected restaurants in England, including a position as sous chef of Scott's in London, and head chef of Level 2 restaurant at the Tate Modern, before he relocated to Dubai to work for Jumeirah Restaurants as head chef of Rivington Grill in Souk Al Bahar. Soon after starting at Rivington Grill, Conboy was asked to open The Ivy Dubai as head chef, which he says "is one of the biggest things I have ever been asked to do."

"I wasn't going to turn down an opportunity as important as this. It is a big thing, it is definitely a landmark in my career, and it is very exciting"

"I came over to Dubai to work for Jumeirah. I started at The Rivington Grill, and I was there for five months, before being asked to be the opening chef for The Ivy. I wasn't going to turn down an opportunity as important as this. It is a big thing, it is definitely a landmark in my career, and it is very exciting," Conboy says.

The brigade of chefs working under Conboy, as well as Conboy himself, have undergone much training to ensure that the ethos of The Ivy culinary experience is in line with that of London. He was sent to London for a couple of weeks to get experience in their kitchen and into the swing of what The Ivy is all about.

"Working with the team at The Ivy London, I learnt the dishes as well as the restaurant's essence. It is a British institution, in a very famous West End location, and it was interesting to experience working and training in the kitchen there," Conboy expresses.

"We have been in recruitment and training stages at The Ivy in Dubai for about five to six months. I've been very involved in the process to get the right people in; interviewing the chefs, doing the skills tests and seeing what they know about The Ivy, the food and what it is all about. It has been quite a long process, but we are reaching the culmination and that is the



Head chef, Simon Conboy



CHEF'S BITES THE IVY

important part," he continues.

There are over 15 nationalities of chefs working together at Dubai's Ivy, creating a dynamic kitchen, with the chefs learning from each other and striving to recreate the success of London's Ivy.

Broad has been very excited about how things are coming together: "Seeing the fantastic, lively and professional team develop as they go through the training programme has been the biggest joy for me. They really are something special.

The Ivy in Dubai will have many similarities to the London location with green leather upholstery and the famous triangular stained glass and oak panelling. However, The Ivy in Dubai is almost twice the size in terms of square footage and capacity

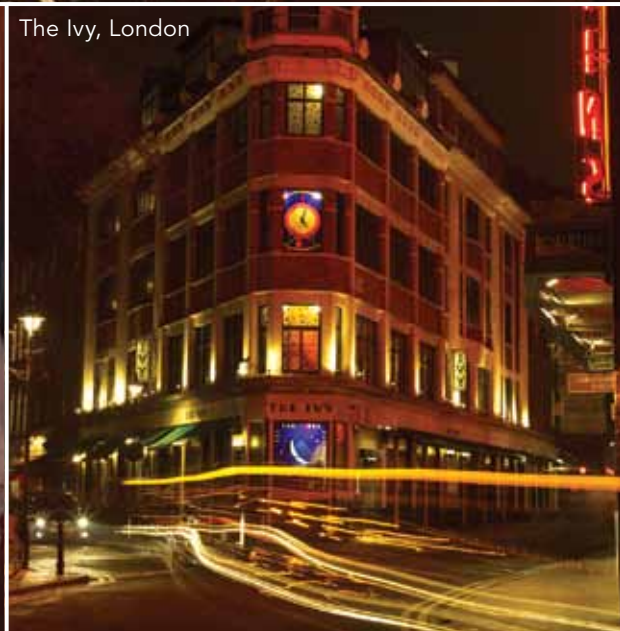
And, if you can walk into the location now, even though it is still a building site in many respects, with a month to go to the opening date, you will see an amazing space and design. We are geared to give our customers the most superb atmosphere and locale."

The start is looking good for the new restaurant. The fact that the restaurant has already been booked out for the whole of June, shows that it is already beginning to live up to its hype.

As it is located near the prominent business hub of Dubai International Financial Centre (DIFC), as opposed to the West End theatre scene, the Dubai Ivy



Phil Broad, managing director of Jumeirah Restaurants



The Ivy, London

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BBC Good Food ME magazine managed to nab two seats at the most coveted restaurant in town. This is your chance to win a three-course dinner for two at The Ivy, including soft drinks.

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will need to develop its own unique following in order to succeed. However, both Conboy and Broad are confident that the London restaurant will find its place and make its mark here.

"It is positioned to appeal to customers from all walks of life, so we hope it will be a really interesting and varied crowd to give the restaurant that special atmosphere. Based on the number of bookings already coming in and the level of genuine interest it has garnered, The Ivy in Dubai is already on course to becoming one of the best-known locations in the city. We are confident it will build its own identity and reputation among the loyal customers we hope to attract and serve," says Broad.

And with the success that Jumeirah Restaurants has had with the likes of Rivington Grill, another iconic British restaurant, the city was the obvious choice for one of London's most well-known eateries to emerge.

The ingredients for success are there: A well-known brand, good location, experienced chef team and a fully booked restaurant in its first month. But time will tell whether The Ivy will replicate the long term success.

Conboy concludes by saying, "I'm nervous, I'm excited. Like any restaurant, we will get used to the customers and what they want, and at the end of the day you are there for your customers. It is evolving, it is a work in progress, and I can't wait to begin."

THE IVY, LONDON

Dating back to 1917, the restaurant is recognised as a British institution. It was refurbished in 1990, with oak panelling, stained glass and commissions from leading contemporary artists, recasting it as the grand restaurant of its early-20th century heyday. Known for being a favourite of the pre- and post- West End theatre crowd, the restaurant is also a regular celebrity hangout, famously attracting Jack Nicholson, Brad Pitt, Kate Moss, George Clooney, George Michael, Sir Elton John, David and Victoria Beckham, and Sylvester Stallone.

"A table at the Ivy is one of the most sought after pieces of furniture in London. The Ivy is the city's favourite restaurant. At the heart of its success is the menu, a selection of year-round favourite dishes that are tested daily against the most cosmopolitan and well-fed palates," wrote restaurant critic AA Gill in *The Ivy – The Restaurant and its Recipes*, a book about the Ivy in London, published in 1990.



CHEF'S BITES THE IVY

The Ivy's salt and pepper tiger prawns with chilli jam

SERVES 4

500g tiger prawns (peeled), but keep the heads and tails on
2 tbsp sesame oil
A good pinch Maldon sea salt
A good pinch Szechuan pepper, crushed
2 limes
1 bunch spring onions
2 cloves of garlic, crushed
1 medium (strength and size) red chilli, seeded and very finely chopped

1 Remove the heads and shells from the prawns leaving the tails on and de vein (ie remove the dark thread running through the body of the prawn).

2 Heat a tablespoon of sesame oil in a wok or heavy bottomed pan and fry the prawns for a couple of minutes. Add the salt and crushed Szechuan peppercorns and carry on cooking till the prawns are nicely coloured. Remove from the pan and keep warm.

3 Heat the remaining sesame oil in the same pan, add the chilli, spring onions, garlic and cook for a further minute. Be careful not to burn the garlic.

4 Put the prawns back into the pan and toss. Serve with half a lime and a spoon full of chilli jam.

FOR THE CHILLI JAM

4 large red medium strength chillis (approximately 75g), seeded and chopped
1 birds eye chilli (approximately 15g), seeded and chopped
½ onion, sliced
1 garlic clove
3 tbsp vegetable oil
1 tbsp tamarind liquid (optional – the tamarind negates the heat of the chilli, so if you prefer milder chilli jam, use the tamarind)
10g palm sugar (available in any Asian supermarket, or good mainstream supermarkets)

To make the chilli jam, blend the chillies, onion, garlic and the majority of the oil in a blender to form a paste. Heat a heavy based pan, add the paste and cook slowly till dark (this is the sugar caramelising), stirring occasionally for about 10 minutes. Add the tamarind, sugar and cook for a further five minutes. Leave to cool and place in sealable jars and cover with the remaining oil.

CHEF'S BITES THE IVY



The Ivy's bang bang chicken

SERVES 4

8 skinless chicken thigh pieces
600ml chicken stock
120g carrots, finely shredded into 2cm strips
60g mooli finely shredded into 2cm strips (Mooli is a long white radish that can be found at all good Asian supermarkets and even good mainstream supermarkets)
100g cucumber, seeded, finely shredded into 2cm strips
50g blanc mange tout, finely shredded into 2cm strip
40g extra fine egg noodles (people with wheat allergies can substitute these for rice vermicelli)

THAI DRESSING

1tsp fresh lime juice
60ml mimosa dressing (120ml olive oil to the juice of a lemon, sweetened with a little icing sugar)
1 tsp chilli jam, to taste (available from most good supermarkets)

SPICY SATE SAUCE

1 heaped tsp chilli jam
½ large white onion, finely chopped

1 clove of garlic, crushed
1 heaped teaspoon fresh ginger, finely chopped
1 birds eye chilli, seeded & chopped
A splash of vegetable oil
50g crunchy peanut butter
80ml coconut milk
2 tbsp light soya sauce
30g brown sugar
1 tbsp lime juice
1½ tbsp rice vinegar
2 tsp fish sauce

FOR THE GARNISH

1 small bunch fresh coriander, de-stalked
1 medium red chilli, seeded, finely shredded into 5cm strips (if you're pre-preparing, refresh in iced water before using on the dish)
3 spring onions, thinly sliced (again, you can refresh in iced water)
2 tsp black & white sesame seeds, lightly toasted (you can do this in a dry frying pan on the hob – it will only take a minute or 2, but make sure you stir constantly so it doesn't burn)

1 For the spicy sate sauce, put some oil into a saucepan and add the garlic, onions, ginger and chilli on a low heat until soft; then add the peanut butter, chilli jam and coconut milk. Bring to the boil, reduce to a simmer, stirring frequently to prevent sticking. Simmer for fifteen minutes or until thickened; add the remaining ingredients and cook for a further five minutes. Season to taste.

2 Poach the chicken in the chicken stock for 6-7 minutes, allow the chicken to cool and shred it. Prepare the carrots, mooli, cucumber and mange tout as per the instructions above. Bring a pan of water up to the boil and add the noodles; once the water comes up to the boil again remove from the heat, strain and plunge the noodles into iced water, to keep them from cooking further. Mix the noodles, shredded chicken and vegetables in a bowl and lightly dress with the Thai dressing. For the Thai dressing, crush the chillies with a pinch of salt and then add the remaining ingredients. Mix until dissolved.

3 To serve, spoon a small amount of the spicy sate sauce on the middle of the plate and place the chicken, noodles and vegetable mixture on top. Drizzle over more of the spicy sate sauce. Garnish with the spring onions, finely sliced chilli, sesame seeds and fresh coriander.

CHAMPAGNE SUPERNOVA

Boasting not only an extensive food menu, the drinks and cocktails are going to be exciting too.

"There will be 42 different cocktails and ten mocktails on the menu, as well as a selection of 35 red wines and 35 white wines, dessert wines, and of course, champagne," says Mirzo Havizov the bar manager of The Ivy.

The signature cocktail is 'The Twinkle', which is made from vodka, elderflower and champagne; "It is all about simplicity and delicious flavours," Havizov continues.

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An EPIC drive for sustainability

From 22 to 24 June at The Dubai Mall, EPIC - The Sustainable Living Expo will be exploring consumer lifestyle and its effect on sustainability. *BBC Good Food ME* speaks to Nils El Accad, CEO of Organic Foods & Café and sponsor of the event, about the impact that eating habits have on our environment

WHAT IS ORGANIC FOODS & CAFÉ'S INVOLVEMENT IN EPIC - THE SUSTAINABLE LIVING EXPO?

We are a sponsor of food for the live cooking station, the organic makeup for the fashion show, and the organic clothing for the kids fashion show.

WHAT DO YOU HOPE WILL BE ACHIEVED THROUGH THIS EXPO?

I would like to get the concept across that all our decisions affect the environment, and want to emphasise how important food is as part of these decisions. We consume food every day, several times a day, so a huge amount of resources go into it. You might buy a pair of shoes twice or three times a year, but you eat three times a day.

IN TERMS OF CONSUMER LIFESTYLE AND SUSTAINABILITY, WHAT IMPACT DO YOU THINK CONSUMERS' EATING HABITS AND FOOD INTAKE HAS ON SUSTAINABILITY AS A WHOLE?

It probably has the largest impact out of most things. It is because we eat every day and so many resources go into growing, transporting, and storing food. Think of how much water goes into growing just one cucumber; the plant has to be watered for months.

WHAT ARE SOME OF THE BIGGEST PROBLEMS IN EATING TRENDS THAT HAVE AN IMPACT ON THE ENVIRONMENT?

There is way too much packaging in fast food and pre-packed foods.

CAN YOU ELABORATE ON SOME OF THE OTHER WAYS THE FOOD INDUSTRY IS HAVING A NEGATIVE IMPACT?

Non-organic food effects the environment right now in terms of the inputs used and the amount of resources that have to go into it. This has long term effects. While people may think that organic food is more expensive, the cost for non-organic food is not reflected at all in the price we pay. Think of all the CO2 emissions that are generated when fertilisers and pesticides are manufactured and transported to farms, then, after application they end up in the water and affects our health.

The cost on health and the environment to clean up the water is not factored into the price. Then, consider that the soil gets thinner and thinner, causing the land's yield capacity to drop, so more and more



Nils El Accad, CEO of Organic Food & Café





land and inputs will be needed to grow the same amount of food. The cost to our environment and resources grows all the time due to weak soils. If we farm organically, we can grow more and more out of the same land. The water retention alone in good bio-dynamic organic farming means you save 40 percent of the water.

WHAT CHANGES TO EATING HABITS WOULD BE BENEFICIAL TO THE ENVIRONMENT, AND MORE SUSTAINABLE?

In order of importance: Eat organic, don't waste food and avoid too much packing in takeaway foods.

BY CHOOSING LOCALLY-PRODUCED FOOD AND ORGANIC PRODUCTS, HOW ARE PEOPLE HELPING THE ENVIRONMENT?

That really depends on where you are, how local food is grown and the carbon footprint of the imported food. For sure organic food is a more sustainable approach to growing, but organic alone is not enough.

We look at the carbon footprint a lot too. Consider importing organic food by air from California; that is really far. Is that bad? if you grow locally with desalinated water and have surface irrigation, you have a huge carbon footprint too. It is hard for an individual to know which particular product has a lower environmental impact, especially in the UAE. I can say that our corporate social responsibility standards at Organic Foods and Café consider all aspects. When we get our produce from Egypt, we are in fact carbon neutral. The food is grown using farm-made compost and Nile water through underground irrigation. That is a lot better than surface irrigation from closer at hand with desalinated water. The issue is how do you know as a consumer? You need to try to select the firms that are most socially responsible.

WHAT PARTS OF THE EXPO ARE YOU LOOKING FORWARD TO?

All of it, I have never been and want to see what is presented.

MASTERCLASSES USING SUSTAINABLE INGREDIENTS

As part of Epic - The Sustainable Living Expo, a selection of Dubai chefs will be presenting cooking classes using organic and locally-sourced ingredients. The line-up and timings of the masterclasses will be announced closer to the event, but here is the list of chefs you can expect to see cooking up a sustainable storm.



Argentinean chef Norberto Palacios, chef de cuisine of Asado, The Palace – The Old Town

Indonesian chef Daniel Edward, speciality sous chef, The Address Downtown Dubai

South Korean chef Jin-Chul (Jimmy) Kim, chef de cuisine, Armani/Hashi, Armani Hotel Dubai



British chef Nicholas W Vass, executive sous chef, The Address Dubai Marina



Italian chef Francesco Bonato, sous chef, Armani/Ristorante, Armani Hotel Dubai

Choose wisely

As part of the Epic expo, Emirates Wildlife Society and World Wildlife Federation will be promoting their Choose Wisely campaign, educating and urging consumers to choose sustainable fish rather than those that have been overfished. Here are some delicious recipes, using their recommended fish, for you to try at home



Roasted Faskar with rosemary potatoes

Recipe by Irini Savva, Dubai, as published in *Sustainable Fish Recipes*

2 x 400g Faskar, cleaned, head and fins removed
salt and freshly ground black pepper, to taste
1 lemon, sliced
handful of flat leaf parsley, whole
2 garlic cloves, crushed

ROSEMARY POTATO WEDGES

2 medium potatoes, cut into 8 wedges
½ tsp dried rosemary
salt and freshly ground black pepper, to taste
olive oil

YOGHURT-CUCUMBER SALSA

English cucumber, diced
2 to 3 tbsp yoghurt
2 small pickled chillies, finely chopped
½ tsp dried mint leaves

1 Preheat the oven to 220 degrees Celsius.

2 Place Faskar in a roasting pan and season inside and out with salt and black pepper. Stuff each fish with parsley, bay leaves and garlic. Place lemon slices inside and at the bottom of the fish.

3 Toss potato wedges in a bowl with rosemary and olive oil. Season with salt and black pepper. Place the potato wedges with juices around and in between the fish.

4 Cover with foil and roast for 20 mins. Then, remove the foil and roast for approx. 40 mins, until the fish and potatoes are golden brown.

5 In the meantime, combine all the ingredients for the yoghurt-cucumber salsa in a bowl, and chill.

6 Serve Faskar on a platter with potato wedges, seasonal vegetables and salsa.



Walnut crusted Trevally

Recipe by Bada Rezk Salloum, Abu Dhabi, as published in *Sustainable Fish Recipes*

1kg fillets of Jesh Um al Hala (Orange-spotted Trevally)
 2 bunches of fresh coriander
 ½ kg walnuts
 1 tsp cumin powder
 1 tsp dry coriander powder
 1 tsp sumac powder
 half a lemon, juiced
 1 tbsp vegetable oil
 14 pieces of peeled garlic
 3 tbsp olive oil
 salt and pepper

- 1 Wash the fish fillets in water and lemon and add them to the dry coriander and salt and pepper.
- 2 Grease a pan with the vegetable oil and put the fish in it.
- 3 Put the fish in the oven on medium heat for 15 mins.
- 4 In the meantime mix the walnuts with the fresh coriander and 10 pieces of crushed garlic.
- 5 Take the fish out of the oven and add to it the walnut mix and return to the oven for another 15 mins.
- 6 In the meantime mix the lemon juice with olive oil and the remaining 4 pieces of crushed garlic and sumac powder.
- 7 Take the fish out of the oven and brush the fish with the lemon and olive oil mix.
- 8 Put the oven on grill and return the fish for another 5 mins.
- 9 Serve the fish and garnish with walnuts on top.

If we said weekend hotel break.
 Do you think, yes, yes, yes,
 yes, YES!



YES

NO

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One small seed

With soaring temperatures for much of the year and very limited arable land, creating a fully-sustainable restaurant in the UAE is no small feat. With Le Bistrot, Le Méridien Abu Dhabi recently taking the leap to 'go green', *Lauren Hills* speaks to executive chef Daniel Brooker and head chef Thierry Gallas to find out more



sustainable – using only organic, locally-sourced produce on their menu. They hope that it will encourage consumers and restaurants to take on more sustainable habits as a result.

"It took us over three months of searching to find the right suppliers in the Emirates, as you need to know that you can constantly source all the ingredients and that the quality is good. It was challenging, as there are not too many people supplying organic produce in the volume that we needed. But, we found Abu Dhabi Organic Farm, Al Mazaraa, which grows organically-certified produce," says Daniel Brooker, the executive chef of Le Méridien Abu Dhabi, who together with Le Bistrot's head chef Thierry Gallas developed the concept of the restaurant.

"The quality coming from the farm is very good; you can compare it with top stuff coming from Europe and America – and it really does compare. Organic and fresh; when we order the produce, it is picked fresh from the farm in the morning and we pick it up in the afternoon. It doesn't stay in warehouses or commercial factories, and as it is organic there are no pesticides and no chemicals, so the health and taste is fantastic," says Gallas.

Fruit, vegetables, meat, herbs, and many other ingredients are flown in from across the globe to cater for the thousands of restaurants, cafes, hotels and supermarkets in the Emirates. And we all know that we can find typically seasonal produce like strawberries, watermelon, asparagus and avocado all year round; flown in as it ripens in different regions at different times.

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“The produce available is always the inspiration for the menu and using everything that is grown and sourced locally is our goal”

Chefs and restaurateurs all have their trusted suppliers who will deliver top-quality produce once or twice a week from almost anywhere in the world. But there has been growing concern about the energy and resources expended, and the resulting carbon-footprint created by the transportation and storage of food delivered to the Emirates.

The quantity, quality and variety of produce and meat is simply not available in the UAE according to many in the food and beverage industry here, but Le Bistrot, the French restaurant in Le Méridien Abu Dhabi is one eatery that is taking on the challenge to become

Al Mazaraa farm uses greenhouses as well as outdoor farming methods, but during the hot summer months a lot of the fruit and vegetables grown outside are not available. Brooker says that the menu will evolve and adapt according to availability, so guests will always get fresh, seasonal produce on their plates.

"Now, it's coming to summer, so a few things are dying off – lettuce and rocket is difficult to get, and anything growing outside will be a challenge. We will change the menu seasonally, with regard to how hot it is here. We have only been open two months, so we



“The quality coming from the farm is very good; you can compare it with top stuff coming from Europe and America – and it really does compare”

"People's perception that organic is expensive, but you just need to shop around and find good places. The Al Mazaraa outlet in Abu Dhabi is fantastic, and you will have the same price as Lulu or

CHEF'S BITES

LE BISTROT



Le Bistrot Mixed Grill

400g local lamb cubes	120g baby marrow
160g quail breast, boneless	100g rocket
340g lamb cutlets	30ml balsamic vinegar
120g red pepper	salt and pepper, to taste
120g baby egg plant	30ml olive oil

- 1 Season the lamb meat and skewer it. Slice the vegetables into cubes and season.
- 2 Pre-heat the grill and grill the vegetables and the meat together.
- 3 When you have a nice colour, remove from the heat and let the meat rest for 10 mins. Keep the vegetables warm.
- 4 Arrange the meat and vegetables on a plate. Toss the leaves and the dressing and serve on the side.

Carrefour – sure you won't have the range, as other supermarkets import globally, but you will get tomatoes, lettuce, cucumber, beet-root, and so much else," he continues.

With regards to the reality of more restaurants choosing locally-sourced food, Brooker is adamant that others can follow in their footsteps.

"If they really wanted to and the market need is there, other restaurants could be more sustainable. We did it, so why can't others do it? I think, now, consumers and restaurants are thinking about sustainability a lot more. People's awareness is growing, you can't hide from it anymore, it's out there and it's in your face," he says.

The more that restaurants in the UAE try to become sustainable – by putting as much locally-sourced products on their menus – the more that we will see a shift in consciousness about sustainable eating habits. An increasing number of consumers will learn about the benefits of eating locally-produced food, and there will be greater demand for restaurants to become more sustainable as

a result. If restaurants demand locally-grown produce, local farms will receive increased support, and they will grow and develop – producing more variations at larger quantities.

"We'd like to see more sustainable restaurants in the region; ultimately that is the goal. When there are more restaurants, there is more competition and you will see more creativity and innovation in sustainable and organic dishes. It will only become better. It's better for the environment, and consumers will become more aware too," says Brooker.

Just outside Le Bistrot, within the gardens of Le Méridien Abu Dhabi lies the chefs' herb garden. Not in a greenhouse, or even protected by shade, this little patch of herbs and vegetables includes rocket, cherry tomatoes, strawberry, basil, mint, lavender, onions, carrots, turnips, among other plants.

"We have only had our herb garden for a month; we don't know how it is going to survive! It is the first time we've done it, and it is getting hotter and hotter, so it is trial and error. It is nice decoration for outside the restaurant, and it is great to have fresh herbs. We also get a break from the kitchen; we go out, weed the garden and water it ourselves... but we will see in the next months how it keeps going," says Gallas.

One small step towards a more sustainable UAE, the little vegetable patch and herb garden is perhaps a good symbol of what Le Bistrot is trying to do. It is challenging, but they are trying to do things differently. Like the fledgling herbs growing on local soil, time will only tell if the concept flourishes, but no matter what happens, it is only through initiatives like this that we will see changes being made.

"Often in the UAE, it is all about bigger and better; everyone is competing for the best lobsters, truffles and foie gras. But at Le Bistrot we're doing something different; it is the complete opposite. We're trying to create a new following – perhaps in future, people that enjoy our restaurant will try to only eat at organic and sustainable restaurants. It's about education – knowledge is power – and we are learning too," concludes Brooker.



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M for 'Meditarabian'

Situated within the clubhouse at Emirates Golf Club, M's is a mouth-watering new restaurant bursting with Mediterranean and Middle Eastern flavours. *BBC Good Food ME* talks to the recently-appointed executive sous chef of Emirates Golf Club, Benoit Cart, to find out more



Executive sous chef
Benoit Cart

How would you describe the food concept at M's?

Food at M's is simple, using great produce, cooked well. We have taken a combination of flavours from the Middle and Mediterranean to create a fresh healthy-tasting menu that includes fresh salads, signature meat dishes, homemade pizzas and a range of authentic Mediterranean pasta dishes.

You have described M's as a 'Meditarabian', what can we expect from the menu?

The focus is on Middle East and Mediterranean, and the Arabian influences are prominent in the mezze selection on the cold buffet, which includes dishes from tabouleh to moutabel along with a selection of sundried tomatoes, couscous and chick peas. In addition to the Mediterranean antipasti, we have a selection of pizzas and great pastas with a Middle Eastern twist, for example the pizza shwarma, which really combines tastes and flavours from both regions.

What are some of the highlights of the menu?

The M's Signature Skewers are a personal favourite of mine, as the cooking process ensures that the meat is succulent and delicious. My favourite dessert would have to be the tiramisu; the taste is superb and the unique presentation in-keeping with the golf club theme ensures that this dish is a talking point when placed on any table.

You have had an extensive career, most recently moving to M's from Michel Rostang's restaurant at Atlantis, The Palm. How do you feel about the move? And, what has been your greatest challenge in creating a new menu and restaurant concept?

Yes, it's true about the move. It was a difficult decision to make, but after my start at the Emirates Golf Club and especially starting at M's, I really feel very passionate that I am in my own restaurant. The greatest challenge was to get everyone ready in the pressurised environment of an open-plan kitchen. Working in front of customers means that you are always on show, the performance in the kitchen is one of the factors that really makes M's a special place to work.

What has been your greatest joy in opening M's?

I felt that I had a great deal of freedom in the restaurant concept. Here at Emirates Golf Club the focus is on giving choice to our valued members and guests. Offering Middle East and Mediterranean flavours helped me develop my creative ideas further as a chef. Creativity always comes with team work and the greatest joy was getting the initial pre-opening setup done and awaiting the moment to receive the first guests and their feedback. A happy guest is always a return guest!

There is an emphasis on fresh, top-quality ingredients at M's. Does this mean the menu will change seasonally?

As chefs, we really like playing with the seasonal products from the Mediterranean region and enjoying the tastes of the Middle East. We are also working consistently to get the best ingredients for the consumer, while still delivering an experience that is good value for money. We have a specials board, which showcases the best in seasonal products allowing us to consistently refresh the offering at the restaurant. We also support local produce where we can, especially for our Middle Eastern dishes; this ensures that our produce is fresh all the time.

We have taken a combination of flavours from the Middle East and Mediterranean to create a fresh, healthy-tasting menu

What three dishes are must-tries on the M's menu?

Our traditional homemade pizzas are turning out to be everyone's favourite. M's salad selection is a must-try as well. Predominantly made with fresh greens, perfectly blended with the right amount of dressing, enhancing the flavours. Sweet endings are a great way to finish any meal. For experiencing some of the local traditions opt for the encrusted pear konafa.

What gives you the greatest joy as a chef?

My passion for cooking is what drives me in the kitchen and being a chef is all about getting the right balance between ingredients, produce and delivery. I have a great team behind me to help to achieve this balance and this gives me the greatest joy.



M's golfclub-style tiramisu



M's signature mixed grill skewers

SERVES 1

THE LAMB CUBES

60g cubed lamb
5ml Worcestershire sauce
5ml olive oil
salt and pepper, to taste

THE BEEF CUBES

60g cubed beef striploin
5g garlic, peeled
5ml soy sauce
salt and pepper, to taste

THE CHICKEN CUBES

90g cubed chicken breast
15g yoghurt
10g coriander leaves
5ml lemon juice
5ml oil olive
5g garlic peeled
salt and pepper, to taste
20g onion
20g green pepper
20g zucchini

- 1 In three separate bowls, combine the meat with the specified ingredients and leave each to marinate for approximately half an hour.
- 2 Drain and discard the marinades and alternately thread the meats with vegetables onto metal skewers.
- 3 Preheat the grill to a medium heat, and lightly oil grate. Turning the skewer, cook for 6-8 minutes longer or until cooked.



Caribbean cravings

To the beat of the steel pans and the sway of feather-clad dancers *BBC Good Food ME* enjoyed a night of fantastic food at The Rotary Club of Jumeirah's Caribbean night. Executive chef of the Meydan Hotel, Ashley Goddard, shares his authentic Caribbean recipes with us

PAPAYA, MANGO AND JICAMA SALAD

1 medium jicama peeled and sliced into matchstick-size pices (if you can't find jicama, substitute for water chestnut or radish)
1/2 medium mango, peeled and thinly sliced
1 small carrot, peeled and thinly sliced
fresh mint leaves, thinly sliced
1/4 cup roughly chopped dry roasted peanuts
1/4 cup freshly squeezed lime juice
4 tbsp fish sauce
1/4 tsp finely minced garlic
1 tsp brown sugar
1 tbsp cold water
1/2 tsp hot chilli sauce (add more if you like it hot)

- 1** Gently toss together jicama, carrots, mango and mint in a large bowl.
- 2** Whisk fish sauce, lime juice, garlic, brown sugar, water and hot chilli sauce in a small bowl.
- 3** Taste and adjust to your liking.
- 4** Toss with prepared jicama blend until coated.
- 5** Leave to sit in the refrigerator for 5-10 mins to allow flavours to meld.
- 6** Plate and sprinkle with peanuts and additional mint, if desired.



Papaya, mango and
jicama salad



Crystallised ginger and
cinnamon crème brulee



Jamaican-style curry chicken
with green papayas





Green plantain
dip with garlic

GREEN PLANTAIN DIP WITH GARLIC

20 green plantain bananas
oil for frying, salt

- 1 Heat the oil to 375 degrees Celsius.
- 2 While the oil is heating up, peel the green plantains and then cut them into 3/4 inch slices.
- 3 Fry the slices in the hot oil for 3 mins. They should be light golden in colour and semi-soft in texture.
- 4 Remove the plantain slices with a slotted spoon and drain on paper towels.
- 5 When the plantain slices are cool enough to handle (wait about 1 min), smash them into flat rounds.
- 6 Fry the rounds in hot oil for 3 mins. They will turn crisp and golden brown.
- 7 Remove with a slotted spoon and drain on paper towels.
- 8 Salt to taste.

GARLIC DIPPING SAUCE

1 cup olive oil, warmed
1 head of garlic peeled, crushed and finely chopped
1 small onion, finely diced
3 tbsp cilantro, finely chopped
juice of 1 lemon
juice of 1 lime
salt to taste

- 1 Blend all the ingredients together in a nonreactive bowl (one made of material that does not react chemically to the citrus acids).



JAMAICAN-STYLE CURRY CHICKEN WITH GREEN PAPAYAS AND PLANTAINS INGREDIENT

2 medium-sized frying chickens, cut up and boned
3 tbsp vegetable oil
2 cloves garlic, chopped
2 scallions, chopped
½ tsp pepper
1 tbsp curry powder
1 teaspoon allspice
1 inch-sized piece ginger, peeled and finely chopped
1 cup coconut milk
2 large potatoes, peeled and diced
6 to 8 cups steamed rice
mango chutney, for garnish
coconut milk, for garnish
plain yogurt, for garnish

- 1 In a stew pot, heat the vegetable oil.
- 2 Add the garlic, scallions, pepper, curry, allspice, and ginger and cook for a few mins.
- 3 Add the chicken and simmer, covered on low heat, for about 10 mins. Add the coconut milk and potatoes and continue to cook for 30 to 40. Serve over hot steamed rice with a selection of condiments such as mango chutney, coconut milk and yoghurt.

CRYSTALISED GINGER AND CINNAMON CRÈME BRULEE

2 egg yolks
3/4 cup fine white sugar, plus 6 tbsp
1 quart heavy cream
1 vanilla bean
4 slices crystalised ginger

- 1 Preheat the oven to 180 degrees Celsius. In a large bowl, cream together egg yolks and sugar with a whisk until the mixture is pale yellow and thick.
- 2 Pour cream into a medium saucepan over low heat. Using a paring knife, split the vanilla bean down the middle, scrape out the seeds

and add them to saucepan. Bring cream to a brief simmer, do not boil or it will overflow.

- 3 Remove from heat and temper the yolks by gradually whisking the hot vanilla cream into yolk and sugar mixture.
- 4 Do not add hot cream too quickly or the eggs will cook.
- 5 Before dividing into ramekins add the crystalised ginger and let steep for 20 mins to infuse flavour and then strain out the ginger.
- 5 Divide custard into 6 (6-ounce) ramekins, about 3/4 full.
- 6 Place ramekins in a roasting pan and fill pan with enough water to come halfway up the sides of the ramekins.

- 7 Bake until barely set around the edges, for about 40 mins. You may want to cover loosely with foil to prevent browning. Remove from oven and cool to room temperature.
- 8 Transfer the ramekins to the refrigerator and chill for 2 hours. Sprinkle 1 tbsp of sugar on top of each chilled custard. Hold a kitchen torch 2 inches above surface to brown the sugar and form a crust. Garnish with cookies and fresh fruit. Serve at once.

Variation: Instead of using ginger, before dividing into ramekins you can add 3 ounces of shaved dark chocolate for chocolate creme brulee; add 3 slices of orange peel for orange creme brulee. Let steep for 20 mins to infuse the flavour. Strain out the orange peel before baking.



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Food
Club
Event

Behind-the-scenes of the Burj Al Arab

In one of our most exciting Food Club events to date, the Michelin-starred chef Mansour Memarian, executive chef of the Burj Al Arab, and his team taught foodies at the Häcker Kitchen Showroom three delicious dishes



One of the most iconic locations in the world, when you step into the Burj Al Arab with all its glitz, glamour and attention to detail you know you are going to be treated to a memorable experience. And, when the team from Al Mahara, Burj Al Arab's signature restaurant, came to present a Food Club masterclass at the beautiful Häcker Kitchen Showroom, they most definitely did not disappoint.

As guests entered the state-of-art showroom, a team of waiting staff in smart uniforms and white gloves served delicious, refreshing mocktails and stylish canapés. Executive chef of the Burj Al Arab, Mansour Memarian and other chefs from the restaurant mingled with guests, chatting amicably while serving freshly-baked foccacia bread with delicious tomato chutney.

Chef Mansour is originally from Iran, and grew up in Germany, where he trained as a chef and worked in exclusive, Michelin-star restaurants in Berlin. It was in Berlin in the position of head chef of Jagdhof Glaschutte that chef Mansour won a Michelin star of his own, making him the only Iranian chef in the world to be awarded this honour, as well as the second youngest chef in Europe to win a Michelin star.

Charismatic, confident and talented, chef Mansour was also incredibly down

to earth and humble; laughing and telling stories as he masterfully taught an audience of about 80 people to create homemade foccacia bread, an innovative and very tasty Persian herb tarte and a tangy, but creamy, Yuzu risotto. Ever the team player, chef Mansour introduced the brigade of chefs that joined him from the Burj Al Arab, emphasising the importance of each member of the team.

While ten chefs were present at the Food Club masterclass, Mansour emphasised that there are over 300 members of the Burj Al Arab culinary team.

With Middle Eastern roots, training in Europe and a love for the Mediterranean, chef Mansour's style of cuisine is a beautiful amalgamation of influences and experience. The Al Mahara menu reflects this; the dishes have a Mediterranean seafood focus, with an emphasis on top-quality ingredients and simple preparation.

The three dishes that Mansour and his team prepared at the masterclass were variations on some of the dishes available in Al Mahara, and they really epitomise chef Mansour's love for food with Middle Eastern and Mediterranean influence that is fresh, tasty and full of flavour.

We hope you enjoy creating these dishes at home.



CHEF'S BITES BURJ AL ARAB

STARTER

Persian herb tarte with prawns

600g soft mixed herbs, including:

tarragon
parsley
dill
spring onion
mixed baby leaves
cress
coriander
mint
chervil

500g eggs

500g flour

2 tsp baking powder

125g caramelised barberries (Iranian berries
also known as *zereshk*)

250g crushed, toasted macadamia nuts

6 prawns, cleaned and de-veined

*Chef's tip: It is important to get the right
balance between the herbs and their flavours.*

1 Chop the herbs finely, place in a large
mixing bowl and stir in the eggs, flour,
baking powder, caramelised barberries and
macadamias.

2 Let it rest for about 30 mins. Then season
with salt and pepper.

3 Mix it well, spoon the herb mixture on a
non-stick pan and cook on a low heat.

4 While the herb tarte is cooking, pan fry the
prawns in a little garlic, a drizzle of olive oil
and lemon.

5 Once the herb tarte is slightly firm and
darkened on the outside, place on a
chopping board and chop into six slices.

6 Plate up one slice per plate and place a
prawn on top of each slice of herb tarte.



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CHEF'S BITES

BURJ AL ARAB



MAIN

Yuzu risotto with scallops 🍷

4-5 large sea scallops
100g chopped onions
500g risotto rice
150ml white wine (optional)
100g butter
50g grated parmesan
shaved parmesan, to decorate
10g chopped lemongrass or lemon leaves
50g carrots and zucchini, diced
yuzu juice, or lime juice, to taste
vegetable stock

FOR THE RISOTTO

- 1 Melt a small part of the butter in a casserole dish over a medium-high heat.
- 2 Add the onions and cook them for 1-2 mins, stirring occasionally. Add the rice and stir for 1-2 mins again, until you can smell the rice.
- 3 Pour the white wine into the rice and stir it until the wine has evaporated and absorbed. Add finely chopped lemongrass, saffron, chopped thyme, diced carrot and zucchini. Cook with half of the vegetable stock.
- 4 Finish the risotto with enough butter and parmesan.
- 5 Add yuzu juice in the end.
- 6 Garnish with chopped thyme and some diced vegetables and shaved parmesan.

FOR THE SCALLOPS

- 1 Rinse scallops and pat dry. Place on a clean, dry surface.
- 2 Warm a wok or large frying pan over medium-high heat (allow pan to warm up for about 1 min). While the pan is warming up, use a paper towel to gently dab any remaining moisture from the scallops.
- 3 Add 2 tbsp oil to the wok (or frying pan) and swirl around.
- 4 Gently place the scallops in the pan, leaving enough space between so you'll have room to turn. Allow the scallops to cook undisturbed for at least 2 mins (trying to turn them too early will cause skin to tear). Larger scallops may take as long as 3-4 mins per side. While scallops are cooking, season with a pinch of salt and black pepper.
- 5 Use an egg-turner to gently turn the scallops. Season once more with salt and pepper. Scallops are done when both sides have a nice crispy-looking crust and are firm to the touch.
- 6 Remove scallops from the wok/pan and place on paper towel or clean tea towel to drain.



DESSERT

Catalan crème brûlée

FOR THE CATALAN CREME

- 5 egg yolks
500ml milk
half a vanilla bean
100g cream
100g sugar
- 1 Heat milk, cream and vanilla until hot. Pour the egg yolks over and mix continuously with a wooden spoon, until thick and custardy.
 - 2 Chill in an espuma (thermo-whip) bottle. Once chilled put three gas capsules in espuma.

vanilla ice cream
250g strawberries
half a vanilla bean
100g sugar
100g brown sugar

- 1 Mix vanilla beans with sugar. Coat the strawberries with the vanilla sugar, and place in a glass. Scoop one ball of vanilla ice cream on top of strawberries.
- 2 Coat the ice cream with the Catalan crème. Sprinkle with brown sugar. Use a blow torch to flame the brown sugar until golden.



Häcker, the definitive German luxury kitchen company, dedicated to designing and crafting the world's most desirable kitchens.

Food
Club
Event

Reinventing The Rib Room

Ana Gasperi, chef de cuisine of the newly refurbished Rib Room in Jumeirah Emirates Towers created a scrumptious three-course classic menu for our Food Club members

To taste Ana Gasperi's beef short ribs is to enjoy the melt-in-the-mouth succulent flavours of braised beef cooked to perfection. A signature dish of The Rib Room menu, this main course dish was most certainly a highlight of our Food Club masterclass that was held at the end of last month, and something that we would all love to master at home.

The short ribs need to marinate for a day, and need to be vacuum-packed and steamed too. It is perhaps a recipe for the more experienced cook, but if you are trying it at home, chef Ana's tips to success are to "marinate the ribs for at least 24 hours, season well and slow cook."

The starter and the dessert that chef Ana prepared for us is quite simple to create, while still being beautifully presented and packed with gorgeous, fresh flavours.

For starters, she put together a variation on the classic prawn cocktail. A retro, ever-popular starter, The Rib Room version

has a modern, stylish presentation. Created in layers, atop a circular base of pumpnickel bread, chef Ana expertly constructed a castle of prawns, avocado and the Bain Marie sauce.

For dessert it was onto a lovely American cheesecake that was smooth and creamy with delicious hints of vanilla. A lot of mixing is involved to ensure you have a smooth lump-free consistency, but the arm-workout is worth it once you dip your teaspoon into the creamy goodness.

The menu is perfect for a dinner party, as you can prepare most of the meal ahead. "Be confident, cook with passion and have a good combination of fresh ingredients," says chef Ana.

The Rib Room has recently been refurbished and re-opened, and the atmosphere is warm and inviting. With succulent steaks and signature rib dishes on the menu, visit chef Ana and her team to enjoy a stylish and delicious steakhouse experience.



CHEF'S BITES THE RIB ROOM

STARTER

Prawn cocktail

SERVES 4

350g fresh prawns
160g avocado
60g ketchup
90g mayonnaise
40g tabasco jelly, or 10g tabasco
5 pieces pumpernickel bread, cut into rings
80g tomato caviar
salt, to taste
black pepper, to taste
micro cress, to garnish
dill, to garnish

1 Peel, de-vein and blanch the prawns in hot water, chill in cold water, remove the tail and cut them in half, lengthways.

2 Prepare the Marie Rose sauce by mixing together ketchup and mayonnaise.

3 In a large bowl mix together prawns and sauce, seasoning to taste and keep in the fridge for 10 mins.

3 Peel and slice the avocado in half. To assemble the plate place the pumpernickel bread rings in a round mold, add the tossed prawns and the avocado slices. Garnish with fresh dill, micro cress and a drizzle of tabasco.



CHEF'S BITES

MAIN

Beef short ribs with minted béarnaise sauce 🍷

SERVES 4

4 beef short ribs, 350g each
150ml red wine (optional)
160g carrots
160g celery sticks
180g red onion
60g peeled garlic
180ml corn oil
20g cumin powder
50g fresh thyme or rosemary
15g black pepper corn
10g bay leaves
400ml veal jus
Salt, to taste
black peppercorn, to taste
micro cress, to garnish

1 In a large container, marinate the beef ribs with the carrot, onion, celery, red wine, corn oil, black peppercorn, herbs, and cumin powder for one day.
2 Remove the beef from the marination and mark the ribs on the grill, vacuum pack them with veal jus, the carrot, onion and celery and steam in the oven at 83 degrees Celsius for 12 hours. Serve with red wine glaze on side.

THE MINTED BÉARNAISE SAUCE

120ml clarified butter
2 egg yolks
40ml white wine vinegar
20g shallots, finely diced
15g fresh mint
1 lemon
salt, to taste
black peppercorn, to taste

1 In a small pot, reduce the white wine vinegar with chopped mint, shallots and black pepper corn. Strain into the top of a double boiler.

2 Whisk in the egg yolks. Place the bowl over the bottom of the double boiler containing simmering water, the second that the yolk mixture begins to thicken slightly.

3 Remove the top of the double boiler from above the hot water and continue whisking. Turn off the heat. Whisk in the melted butter, drizzling it in very slowly.

4 Reheat the reduction a little, add the egg yolk and whisk until the eggs make a firm foam.

5 Season, add lemon juice and the julienne of mint.



DESSERT

American cheesecake

SERVES 4

430g cream cheese
100g sugar
2 eggs
2 egg yolks
70ml cream
2g vanilla extract
10g lemon zest
160g digestive biscuits
70g butter

1 Stir the cream cheese on a low speed for at least 20 mins until very smooth, with no lumps.

2 Add sugar and stir again to obtain a very smooth texture.

3 Add the eggs, yolks and cream. Slowly adding each ingredient, and finish with the lemon zest.

4 Crush the digestive biscuits quite finely and add the melted butter.

5 Place the mixture of digestive biscuits and butter at the bottom of the cake mold and push it flat, so that it is compact and a little hard. Pour the cream cheese mixture on top of the base and bake in double boiler for 45 mins to 1 hour.

6 Cool the cheesecake and serve with vanilla ice cream.



Appreciate authentic Chinese cuisine.



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Food
Club
Event

Cooking Under One Roof

To launch the newly refurbished Under One Roof showroom, head chef Matteo Bertuletti of Radisson Blu Dubai Media City cooked light, summery Italian dishes from the Certo menu for us to try in our own kitchens



Tiramisu scented with
amareno cherries

Charismatic and talented, chef Matteo was relaxed and at home at the Under One Roof show kitchen, wowing guests with his authentic Italian cuisine and tips for successful cooking at home. On the menu was a light and summery menu of salmon tartar, sea bass with spinach and ceps mushrooms and a cherry tiramisu for dessert.

Under One Roof in Al Quoz, Dubai has recently been refurbished, and is a showcase of high-quality kitchen and bathroom fit-outs that can be tailored, designed and installed to your specifications. The kitchens are from the UK manufacturer, PWS, based in Newcastle, England, and the two kitchen ranges on sale are Metris and Second

Nature, which are exclusively supplied by Under One Roof.

Chef Matteo was working at a Metris Kitchen, which is hand-constructed in England, imported to the UAE and can be fitted in your home by a team of UK craftsmen.

A cold starter, hot main and cold dessert is always a winning combination for a dinner party, as you can prepare the starters and dessert in advance, freeing you up to greet your guests and enjoy the dinner party rather than being stuck at the stove.

Entertain at home in style this summer and whip up an chef Matteo's Italian-style dinner party for friends.

For more details about Under One Roof visit www.underoneroof.ae.



Salmon tartar with brown bread

STARTER

Salmon tartar

SERVES 1

80g fresh salmon
60g cucumber
2 sprigs of dill
salt, pepper, capers, lemon zest,
10g yoghurt
olive oil
3g chopped shallots
1 slice of brown bread

- 1** Dice the salmon eliminating the brown part. Peel, de-seed and dice the cucumber, add salt and let it release the water.
- 2** Rinse the cucumbers and add the yoghurt and chopped dill. Season to taste.
- 3** Mix the salmon with chopped shallots, capers, and lemon zest. Season.
- 4** To plate, use a cylindrical mold and create different layers with the ingredients. For the first layer, line the tartar with cucumber, and then add the salmon on top.
- 5** Garnish with dill and olive oil. Serve with warm bread.



Branzino with spinach and ceps mushrooms

MAIN

Branzino with spinach and ceps mushrooms

"This is delicious served hot with foccacia bread," says Chef Matteo.

80g fresh sea bass
60g baby spinach
10g butter
50g baby potato
30g ceps mushroom
20ml extra virgin olive oil
6g shallots, chopped
5g garlic, chopped
15g butter
10ml balsamic vinegar
salt and black pepper, to taste

- 1** Marinate the sea bass with lemon juice, salt and pepper.
- 2** Heat up a frying pan, add a knob of butter

and sear the sea bass until golden brown on both sides. Place in the oven on a very low heat to keep warm, while maintaining its moisture, keeping it soft and juicy.

- 3** Take another frying pan and add olive oil, garlic, shallots and sauté until brown. Add baby potato, ceps mushroom and sauté all together.
- 4** Removed the frying pan from the heat and add balsamic vinegar, spinach and stir gradually. Check seasoning.
- 5** Choose an oval fish plate and place the sautéed spinach, potato and mushroom on the bottom. Arrange the fish fillet on top of the vegetables and glaze the fish with the same reduced sauce from the pan.

DESSERT

Tiramisu all' amarena

Tiramisu scented with amarena cherries

SERVES 4

tiramisu cream
60g mascarpone cheese
20g sugar
1 egg, white
1 egg, yolk

33g lady finger biscuits
33 ml amarena syrup
2g bitter cocoa powder

- 1** In a kitchen bowl, whisk the egg whites, yolks and the sugar until stiff to create a sabayon.
- 2** Soften the mascarpone cheese with a spatula in a steel bowl.

- 3** Fold the egg sabayon into the mascarpone cheese gradually, and be careful not to over-mix the mixture.
- 4** Dip the biscuits into the amarena syrup and position it in martini glasses. Spoon in the tiramisu cream. repeat the same in each glass.
- 5** Serve chilled, and dust with bitter cacao powder just before serving.

5 Italian foodie holidays

Superior ingredients and simple trattorias make Italy one of the most memorable foodie destinations you can enjoy – here's our pick of the best



GENOA, LIGURIA

Great for pesto, olive oil and Negroni cocktails

■ **WHERE?** On the Tirrhenian coast in northwestern Italy, the region's principal port is a lively base for exploring the Ligurian coast.

■ **WHAT TO EAT** Genoa is the birthplace of pesto, which marries perfectly with the region's trofie pasta. A popular street food is farinata – a chickpea pancake cooked in a wood-burning oven and used to fill another speciality, focaccia. Try both at cheap and cheerful Trattoria Sa Pesta (00 39 010 246 8336). Genoa is also home to the Negroni cocktail, made with gin, vermouth and Campari. Take the 15 bus from the centre to the Bagni 7 Nasi bar and drink yours overlooking the coast between Quarto and Quinto (00 39 010 373 1342). And don't miss the daily Mercato Orientale in the old monastery for its terrific seafood (mercatoorientale.org).

■ **WHERE TO EAT** Da Vittorio is one of the only fish restaurants left in the old port. Choose from the fish displayed on ice at the entrance; dinner from AED 250 to AED 360 (00 39 010 254 2197).

Trattoria Vegia Zena, in Vico del Serriglio, 15R, is in the new port, and a great place to sample lasagne al pesto, AED 45 (00 39 010 251 3332). For an unfussy, traditional trattoria, try Osteria di San Matteo, dinner from AED 150 (00 39 010 247 3282). In the converted cellars of the central antique Palazzo Squarciafico, Le Cantine Squarciafico is an upmarket osteria. It's a great place to try local fish such as ricciola and has a good wine list. Dinner from AED 150 (00 39 010 247 0823).

■ **WHERE TO STAY** Hotel Metropoli is central, doubles from AED 730 (bestwestern.it). Chic Locanda di Palazzo Cicala by the Duomo offers an eclectic mix of antique and modern design, doubles from AED 840 (palazzocicala.it). If you don't mind being a short taxi-boat ride from the centre, you can sleep in a Genovese castle by the sea at Castello Miramare in Genoa Pegli, doubles from AED 480 (castellomiramare.it).

■ **WHAT TO BRING BACK** Ligurian olive oil, olive-wood chopping boards, terracotta cooking pots and wooden stamps for the traditional corzetti pasta – buy from La Butteghetta Magica (00 39 010 247 4225).

PERUGIA, UMBRIA

Great for pork, pulses and truffle oil

■ **WHERE?** Umbria's capital city is a stone's throw from Assisi, Gubbio and Tuscany. Packed with traditional, family-run restaurants, it's a central starting point for a tour of Umbria.

■ **WHAT TO EAT** Umbria produces one of Italy's most interesting cucine di terra (regional cuisines), which favours pork, black truffles, pulses – such as the tiny lentils from Castelluccio – and farro (spelt). Look for the tiny white beans from Lake Trasimeno, just outside of Perugia, and the sweet red onions from Cannara, a village to the southwest. Both are part of a Slow Food campaign that has seen local producers join forces to ensure such traditional foods don't fall out of favour. If you're interested in wine, tour the cellars at Arnaldo Caprai's winery in Montefalco, famous for local red, Sagrantino (arnaldocaprai.it). And if you're visiting in autumn and have a sweet tooth, time your visit for the annual Eurochocolate festival in mid October.

■ **WHERE TO EAT** In Umbria, the best food is often the simplest – hearty soups made from pulses, grilled meats and vegetables drizzled with olive oil. At Da Cesarino you can try simple trattoria dishes, such as veal with a chicken liver sauce for AED 40, dinner from AED 130 (00 39 075 572 8974). Hosteria Wine Bartolo, Via Bartolo

30, specialises in authentic Umbrian recipes, dinner from AED 150 (00 39 075 571 6027). A local favourite for good value, creative Umbrian food is l'Officina. Try its tagliatelline with sea urchins and endive, AED 36, or slow-cooked duck confit, set menu AED 120 (00 39 075 572 1699). At Enoteca Beresapere, you can learn about wine as you drink it. Try a glass of Sagrantino or a Cortona DOC, from AED 30, with salumi and cheese (00 39 075 505 6053). Perugia also has some fine pastry shops and cafés, including Caffè Turreno (00 39 075 573 3972), and the city's oldest – and best – Pasticceria Sandri, pastries from AED 10 (pasticceriasandri.it).

■ **WHERE TO STAY** For a classic, family-run hotel in the centre, stay at Hotel La Rosetta, doubles from AED 600 (00 39 075 572 0841). Or for those who prefer to be away from the madding crowd, Le Torri di Bagnara, just outside Perugia, is a fabulous historic hotel set in a 13th-century villa. B&b from AED 730 (letorridibagnara.it)

■ **WHAT TO BRING BACK** Hand-painted crockery from the fantastically colourful town of Deruta, a few kilometres south of Perugia, olive oil, truffle oil, dried beans and lentils – get them from a wonderful old-fashioned shop, Antica Spezieria e Drogheria Bavicchi (00 39 075 572 2633).



THE COLLIO, FRIULI

Great for crisp white wine and prosciutto crudo

■ **WHERE?** In Italy's top northeast corner, on the border with Slovenia, the Collio is a small region famous for making some of Italy's best white wines. Pretty and untouristy, it is a wine lover's dream, lovely for cycling and walking, and just two hours from Venice. Rent a car and you can see it all in two or three days.

■ **WHAT TO EAT** Don't miss the country's finest prosciutto crudo, from nearby San Daniele – it beats even Parma's for sweetness. Or try the local, softly smoked prosciutto hand-cured by Lorenzo D'Osvaldo. Friuli's cuisine has influences that go from Hapsburg through Slavic to Asian, so it's not surprising to see Austrian-style plum-filled gnocchi on menus, or spiced muset sausage, served with polenta. The mountains are full of game but the Collio is just as close to the sea so you'll find seafood everywhere as well.

■ **WHERE TO EAT** Just outside the market town of Cormons is Josko Sirk's excellent traditional restaurant Trattoria al Cacciatore de la Subida. Try the plum-filled gnocchi, AED 60, dinner from AED 280 (00 39 0481 60531). At Enoteca di Cormons you can try local wines by the glass or bottle (00 39 0481 630371), or head to chichi new wine bar-cum-trattoria Luka, run by Patrizia Felluga, winemaker of Zuani winery and daughter of the pioneering winemaker Marco Felluga. For AED 13 you can enjoy a glass of the region's best wine on its terrace overlooking the vineyards of Slovenia (00 39 0481 391704).

■ **WHERE TO STAY** Stay in family-run winery, Zegla. Winemaker Renato Keber's b&b has six impeccable doubles, AED 400 (00 39 0481 639844). Or try Venica winery, doubles AED 450 (venica.it).

■ **WHAT TO BRING BACK** Wine – as much as you can carry.





AVELLINO PROVINCE, CAMPANIA

Great for cheese, wild greens and pasta

■ **WHERE?** Less than an hour east of the busy city of Naples, this hilly, peaceful province is fun to explore by car. Some of southern Italy's best food and wine is produced in this unspoiled, verdant area, known to Italians as Irpinia.

■ **WHAT TO EAT** Make sure you try the hand-made pastas from Irpinia – made only from flour, water, olive oil and salt, they are quite different from northern egg noodles and formed into dozens of shapes, such as maccaronara (long, rope-like) or cecaluccoli (short and cup-like). Eat them with slow-cooked tomato ragù.

■ **WHERE TO EAT** Irpinia is one of Italy's most exciting areas for restaurants, with young talented chefs basing their cooking on traditional recipes, often lightened to suit modern palates. Some of the best are family-owned and offer great food from this mountainous area, known for its black truffles, mushrooms, lamb and chestnuts. At Oasis, the Fischettis emphasise wild greens picked in the local meadows and cooked in wonderful soups and pasta sauces (oasis-saporiantichi.com). Antonio Pisaniello at La Locanda di Bu in Nusco works imaginatively with local pastas, meats and cheeses (lalocandadibu.com). Franca De Filippis of La Pergola is famous for leg of slow-baked lamb and unfussy country



food (00 39 0825 401435). You can eat a memorable meal at any of these restaurants for AED 200–AED 400.

■ **WHERE TO STAY** The picturesque Di Meo family winery at Salza Irpina has recently refurbished its historic villa, and offers several rooms for b&cb, doubles from AED 700 (dimeo.it). If you want to have a leisurely dinner without having to drive home, Oasis restaurant also has a few pretty rooms for its guests.

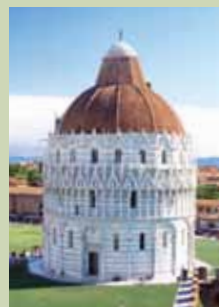
■ **WHAT TO BRING BACK** Irpinian cheeses are distinctive because the cows and sheep graze in hilly meadows, giving flavour to their milk: look for caciocavallo, ricotta salata (good for grating over pasta) and pecorino. Don't miss Irpinia's three DOCG wines all made from grape varieties that are believed to date back to the ancient Greeks: Fiano di Avellino, Greco di Tufo, and Taurasi, the aristocratic red made from the aglianico grape.

PISA, TUSCANY

Great for artisan chocolate and Tuscan reds

■ **WHERE?** An hour west of Florence on the coast, Pisa is often just a day-trip destination for most holidaymakers who visit to see the Piazza dei Miracoli, with its iconic leaning tower and stunning baptistry (pictured). But linger on, because the town of Pisa is one of Tuscany's loveliest, with the Arno river dissecting the historic centre in two. Pisa is best explored by bike or on foot, and offers lots of restaurants, bars and cafés.

■ **WHAT TO EAT** Maestro chocolate-maker Paul De Bondt is opening a new shop on the riverfront where you can try chilli-pepper bars and exquisitely balanced hand-dipped cioccolatini. De Bondt also has a tiny artisanal factory just outside of Pisa that holds tastings (shop opens late summer, debondtchocolate.com). A few



doors down on the Lungarno, De'Coltelli is redefining hand-made gelato, using organic fruits and vegetables, such as tomato and basil sorbet, cones £2.40 (decoltelli.com). Tuscany is also famous for its vegetable soups, enriched with beans, and, as a former port, Pisa is close to the sea so look out for the all-in-one fish

stew, cacciucco.

■ **WHERE TO EAT** At Trattoria della Faggiola, you'll find thick soups and seafood, dinner AED 200 (00 39 050 556179). The more modern Enoteca Il Connubio combines a wine shop with a restaurant. The wine list is impressive – sample some great Tuscan reds as you dine on traditional dishes in the courtyard, wine AED 25, dinner AED 210 (enotecaconnubio.com).

■ **WHERE TO STAY** For a classic Pisan experience, the riverfront Royal Victoria Hotel is enjoyably old-fashioned, doubles from AED 575 (royalvictoria.it). Or stay in former convent Hotel Santa Croce, doubles AED 550 (fossabanda.it).

■ **WHAT TO BRING BACK** Chocolate and red wine.





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DUBAI

Fashionable foodie delights at Hotel Missoni Kuwait

Vibrant and stylish, with bold splashes of colour, iconic Italian fashion house Missoni has opened its hotel in Kuwait. *BBC Good Food ME* talks to Giorgio Locatelli to find out more about Cucina, the hotel's signature restaurant



“A true experience of Missoni style; Cucina is an idea inspired by family cooking and the house of the Missoni family,” says celebrity chef Giorgio Locatelli about his newly opened restaurant in Hotel Missoni Kuwait.

A legacy in Italy, the Missoni fashion house is synonymous with glamour and quality that has a quirky, playful edge too. The colourful, kaleidoscopic zigzagged knitwear has been famous and desirable since the fifties, and the family legacy and fashion brand lives on, lending the classic Missoni style to hotel and restaurant design too.

Rosita Missoni and husband Ottavia were the founders of Missoni in the 1950s, and Rosita in particular was involved in the conceptualising of not only the hotel, but its restaurants too. Rosita is renowned amongst family, friends and collaborators for her qualities as a host; creating dinners that are the “talk of the town,” says Locatelli.

Rosita was very involved in creating Cucina, inspiring a menu that is simple, with a focus on great Italian flavours and seasonal produce, and a restaurant design that is simple, with bursts of vibrant colour.

“Both the food and the concept of the restaurant is conviviality experienced in true Italian style, and I feel absolutely relaxed about the grand opening of Cucina in Kuwait, because we have a good and

experienced team in place. But, there is always a sense of anticipation – like the birth of a new child!” enthuses Locatelli.

The head chef of Cucina, Claudio Barzano, has had experience working with Locatelli in his restaurants Locanda Locatelli in London and Ronda Locatelli in Atlantis, The Palm Dubai, and brings to the restaurant Locatelli's philosophy to food; a focus on the variety and freshness of ingredients at different times of the year, using essential Italian ingredients such as olive oil, fresh pasta, seasonal vegetables and freshly baked bread.

Adding to the classic Italian dishes that guests can enjoy at Cucina Restaurant, the hotel also has Luna Restaurant, located on the 18th floor, which offers Mediterranean and Arabic cuisine and a lovely terrace with a view of the Arabian Gulf.

The hotel features 169 rooms including 63 suites, all of which have views overlooking the Gulf.

“Hotel Missoni offers a surprising experience of style, glamour and hospitality. The interiors are intended to make our guests feel welcome and comfortable. The brilliant golds, turquoises and sand colors take their inspiration from the land and sea of Kuwait. I am especially pleased with the creation of a palm and cacti terrace garden reflecting the precious local nature,” says Rosita Missoni, creative director of the hotel, and co-founder of the Missoni fashion house.

The luxury hotel is located on Arabian Gulf Street, between the entertainment and main shopping district of Kuwait City.



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Food for the Weekend

- Homemade ice cream
- Summer coolers
- Bake a classic
- Vegetarian dinner party

Very cool customers!

86 Blackcurrant
cheesecake ice cream



90 Mango & vanilla granita



92 Citrus peach cooler



88 Blackberry ripple ice cream



Homemade ice cream



Make Lucy Netherton's super-creamy vanilla ice cream and eat it as it is, or add different flavours to suit all tastes PHOTOGRAPHS YUKI SUGIURA



Real vanilla ice cream

MAKES 1 LITRE • PREP 10 MINS • COOK 20 MINS PLUS CHILLING AND CHURNING **Moderately easy**

500ml/18fl oz full-fat milk
300ml pot double cream
1 vanilla pod
5 large egg yolks (freeze the whites for next time you want to make meringue)
140g/5oz golden caster sugar

1 Put the milk and cream in a saucepan. Slit the vanilla pod down its length with a small, sharp knife and scoop out as many of the tiny black seeds as you can into the milk mixture (A). Add the pod to the pan, too. Heat the whole lot over a low heat, stirring occasionally, until it almost boils – you'll see a few bubbles at the edge. Take off the heat and set aside for 30 mins so that the vanilla can infuse.

2 Mix the egg yolks and sugar together in a bowl. Gradually pour the milk over the egg mixture (B), whisking continuously until combined. Pour everything back into the cleaned pan, return to a low heat and cook for 8-10 mins, stirring all the time with a wooden spoon, until the custard is thick enough to coat the back of the spoon (C). Make sure it doesn't boil or you will end up with scrambled eggs.

3 Pour the custard through a fine sieve into a bowl, then sit it in a bigger bowl, one-third full of ice and water, to cool it down – keep stirring every now and then to stop a skin forming. Chill to make sure it is completely cold, putting cling film directly on the surface of the custard to prevent a skin from forming.

4 Pour the custard into an ice-cream machine. Churn following manufacturers' instructions until frozen, then spoon into a metal or plastic freezer-proof container. Cover and freeze until solid. If you don't have an ice-cream machine, pour the custard into the container and freeze. Every 2-3 hrs, take the mixture out of the freezer and give it a stir. Once it is softly set, beat it well with electric beaters, then freeze solid. It will keep in the freezer for 3 months. Remove from the freezer 15 mins before serving to allow it to get soft enough to scoop.

PER 50ml SCOOP 159 kcals, protein 2g, carbs 9g, fat 13g, sat fat 7g, fibre none, sugar 9g, salt 0.04g



Make your favourite flavours

Berry ripple ice cream

Make the vanilla ice cream and freeze until very thick but still spoonable. Meanwhile, put **400g mixed berries** in a pan with **200g golden caster sugar**, a splash of water and a **squeeze lemon juice**. Bring to a simmer and cook until the fruit is soft but not jammy.

Leave to cool a little. Whizz to a purée and push through a fine sieve to get rid of any pips. Cool completely. Pour the purée onto the surface of the semi-frozen ice cream in a figure-of-eight shape. Now take a spatula or spoon and draw 2-3 figures-of-eight through the mixture to ripple the colours together. Freeze until solid.

Rich chocolate ice cream

Melt **200g good-quality plain chocolate** and cool a little. Make the ice cream following the vanilla method, adding **1 tbsp cocoa powder** and the melted chocolate to the egg and sugar mixture before you pour the hot milk on. Churn and freeze as per the main recipe.

Salted peanut praline

Make the vanilla ice cream and freeze until very thick and only just spoonable.

Meanwhile, melt **150g golden caster sugar** in a frying pan over a medium heat until you have a golden caramel – tip the pan to keep the caramelisation even.

As soon as it is ready, add **60g chopped salted peanuts** and pour the lot onto a baking sheet set on a wooden board. Allow to cool completely, then smash into pieces. Stir through the ice cream and freeze until solid.

❦ *Fantastic on its own, the vanilla ice cream also makes a brilliant base for all sorts of flavours. These ones are my favourite but you can easily invent your own. Whether you use an ice-cream machine or freeze and stir by hand, you'll still end up with a beautiful texture* ♡





Cookies & cream ice cream

SERVES 6 • PREP 15 MINS, PLUS COOLING, CHURNING AND FREEZING • COOK 20 MINS

Moderately easy ⚙️ *I've used just cream to make this into a richer, American-style ice cream.*

- 600ml/1pt double cream
- 1 plump vanilla pod
- 100g/4oz golden caster sugar
- 4 egg yolks
- 300g pack chocolate chip cookie dough

Make custard as described in the real vanilla ice cream recipe, but using just cream, not milk and cream. Cool and churn as stated. Roll pieces of cookie dough into balls or thin snakes, flatten them with your hands and layer through the ice cream. Freeze until solid.

PER SERVING 836 calories, protein 7g, carbohydrate 52g, fat 68g, saturated fat 37g, fibre 2g, sugar 41g, salt 0.46g



Better than shop-bought

Blackcurrant cheesecake ice cream

SERVES 6 • PREP 15 MINS, PLUS COOLING, CHURNING AND FREEZING • COOK 20 MINS

Moderately easy ⚙️ *You can change the fruit in this ice cream to suit your favourite flavour of cheesecake.*

- 1 quantity Vanilla ice cream (see far left)
- 150g tub cream cheese, beaten
- 100g/4oz blackcurrant conserve
- 5-6 shortbread biscuits, crumbled into chunks

Make the custard as described in the real vanilla ice cream recipe and, before straining into the cold bowl, stir in the cream cheese. Churn as stated, then sandwich layers of the ice cream in the container with large dollops of blackcurrant conserve and chunks of biscuit. Freeze until solid.

PER SERVING 587 calories, protein 8g, carbohydrate 44g, fat 44g, saturated fat 24g, fibre none, sugar 36g, salt 0.48g



Chunky fudge & coffee ripple ice cream

SERVES 6 • PREP 15 MINS PLUS COOLING, CHURNING AND FREEZING • COOK 20 MINS

Moderately easy ⚙️

- 1 quantity Vanilla ice cream
- 3 tbsp instant coffee granules
- 210g pot coffee sauce – we used English Provender Company
- 8 pieces of dairy fudge, squashed into smaller chunks

Make the custard as described in the real vanilla ice cream recipe, then, just before sieving the hot custard into the cold bowl, stir through the coffee granules. Chill and churn as stated, then layer the cold container with ice cream and spoonfuls of coffee sauce and fudge pieces. Freeze overnight and serve.

PER SERVING 603 calories, protein 7g, carbohydrate 46g, fat 45g, saturated fat 25g, fibre 1g, sugar 42g, salt 0.17g



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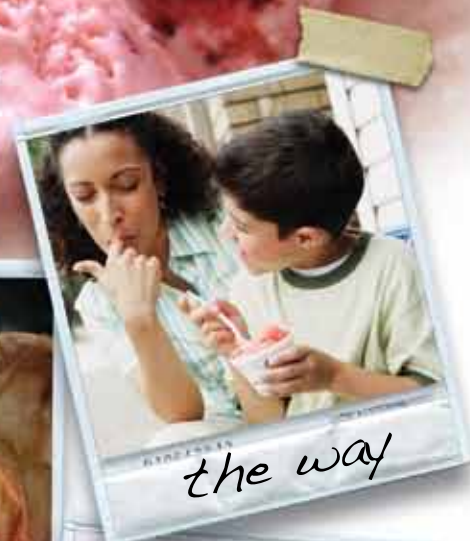
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Blackberry ripple ice cream

30 MINUTES • CHURNING AND/OR FREEZING •

SERVES 6 • **Easy** *If you want to make ice cream sandwich stacks, like the one above, just sandwich small scoops of slightly softened ice cream between wafers or biscuits then re-freeze until needed.*

250g blackberries
icing sugar
1 litre vanilla ice cream

Whizz the blackberries to a purée in a food processor. Sieve to remove the seeds then sweeten with a little icing sugar (how much you use will depend on the sweetness of your berries). Soften the bought ice cream a little, or make the recipe then churn in an ice-cream maker (or freeze and mix every 2 hours) until thick. Ripple through the blackberry sauce then freeze again until you need it.

No-churn ice cream

SERVES 8 • PREP 5 MINS PLUS FREEZING • NO COOK

Easy *Condensed milk is a magic ingredient when making no-churn ice cream – the end result will be creamy, smooth and not at all icy.*

½ a 397g can sweetened condensed milk
600ml pot double cream
1 tsp vanilla extract

Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.

PER SERVING 456 kcs, protein 3g, carbs 15g, fat 43g, sat fat 24g, fibre none, sugar 15g, salt 0.13g



Neapolitan semifreddo

40 MINUTES • FREEZING • SERVES 6-8

● **A Little Effort** *Made with crushed fruit, pure vanilla and 70% chocolate, this is a posh version of a childhood favourite.*

vegetable or other flavourless oil for the tin

175g caster sugar

2 large egg whites

600ml pot double cream

1 vanilla pod, seeds scraped out

200g ripe strawberries, plus more to serve

100g raspberries, plus more to serve

1 tbsp icing sugar

75g dark chocolate, (70% cocoa)

1 Lightly oil then line a 900g loaf tin (about 11cm x 22 cm when measured across the top) with clingfilm, leaving plenty of overhang. Put the caster sugar in a pan with 4 tbsp water, then heat very gently until it has completely dissolved. Turn up the heat and boil for 2 minutes.

2 As the sugar comes up to temperature, whisk the egg whites to stiff peaks in a separate bowl. When the hot syrup is ready, carefully pour it into the egg whites a little at a time, with the beaters still running, whisking until it has all been mixed in. Beat for 2 minutes to cool, then set aside. The mix should look like shaving foam.

3 Softly whip the cream and vanilla seeds in another bowl. Fold the cream into the whites, in three goes, to make the ice cream base. Split the mix three ways, making one batch a little smaller than the others.

4 Blend the berries and icing sugar until smooth. Pass through a sieve onto the smaller batch of ice cream, then fold in until evenly pink. Spoon into the lined tin, level it, then cover the surface with a rectangle of baking parchment. Freeze for 30 minutes or until just firm.

5 Remove the paper and spoon over a layer of plain vanilla mix. Again, level, cover and freeze. Meanwhile, melt the chocolate in the microwave or over a pan of simmering water, then leave until cool but still runny.

6 Fold the chocolate into the final third of the ice cream. Layer it and freeze, again covering the top with a clean piece of paper.

7 Freeze for 3-4 hours or overnight before serving, and give the semifreddo 10 minutes or so out of the freezer to soften a little before turning out to slice.

PER SERVING 715 kcals, protein 4.1g, carbs 43.9g, fat 59.3g, sat fat 32.8g, fibre 1.5g, salt 0.13g



Neapolitan semifreddo

NEW WAY
TO MAKE
SUMMER
ICES

Granitas... refreshingly simple

Mango & vanilla granita

The vanilla in this recipe is optional and certainly not essential, but it works really well when served with strawberries.

SERVES 6-8 **Easy** ⚙️ PREP 15 MINS PLUS COOLING AND FREEZING

Superhealthy, good source of vitamin C, counts as 1 of 5-a-day

1 vanilla pod, split (optional)
140g/5oz caster sugar
2 large ripe mangoes
300g/10oz strawberries, sliced, to serve

Tip the vanilla into a bowl with the sugar. Bring a kettle of water to the boil and pour 250ml over the sugar. Stir until completely dissolved, then leave to cool. Meanwhile,

peel the mangoes and cut away all the flesh, then blitz in a food processor until you have a smooth purée. Stir the purée into the syrup and fish out the vanilla pod. Freeze the purée as before or churn in an ice-cream machine to make a sorbet. Serve with sliced strawberries.

PER SERVING 163 kcalories, protein 1g, carbohydrate 42g, fat none, saturated fat none, fibre 3g, sugar 41g, salt 0.02g



Intensely fruity

Fat-free and so easy to make, Barney Desmazery's fruity and savoury granitas are a must-try this summer

PHOTOGRAPHS JEAN CAZALS

Step-by-step

HOW TO MAKE A GRANITA

- Clear a shelf in the freezer and place a sided metal tray in to chill.
- Make up your mix and leave to cool, then pour into the tray and cover with cling film. Freeze the liquid until frozen around the edges and slushy in the middle.
- Use a fork to break up the ice into smaller crystals (left).



- Return the tray to the freezer. Repeat the breaking up process every half hour (at least three times) until it's completely frozen

and the texture of snow.

- For a quicker method: freeze the mixture in an ice tray, then blitz the cubes in a food processor just before serving. The texture will be slightly slushier, but just as delicious.

SECRETS OF SUCCESS

- Switch your freezer to its coldest setting.
- The shallower the container, the quicker the mixture will freeze.
- Use a metal container rather than plastic, chilling it first will speed things up, too.
- Cover the mixture during freezing to prevent it from absorbing any odours from the freezer.
- Always check the mixture for flavour before freezing and remember that it will taste blander when frozen. So aim for a mixture that's intense and slightly over sweet.
- Using alcohol will speed up the melting time, so these should be served straight away.
- If you forget to fork it and the mixture freezes solid, defrost it, then start again or simply break it up in a food processor.

Coffee cream & walnut cupcakes

MAKES 12 cakes4 ● PREP 10 mins4 ●
COOK 18-20 mins **Easy** ❄️ un-iced

100g/4oz butter, well softened
100g/4oz light muscovado sugar
100g/4oz self-raising flour
2 large eggs
2 tsp instant coffee, mixed with 100ml/3½fl oz
boiling water, then cooled
25g/1oz walnut halves, chopped, plus 12
more for the tops

FOR THE TOPPING

200ml tub mascarpone (you'll find this with
the soft cheeses)
2 tbsp light muscovado sugar

1 Heat oven to 180C/fan 160C/gas 4 and make sure there's a shelf ready in the middle. Line a 12-hole bun tin with fairy cake cases. Beat the butter, sugar, flour and eggs with 4 tsp of the coffee and a pinch of salt until creamy. Stir in the chopped walnuts.

2 Spoon the mix into the cases (start by adding 1 heaped tsp to each, then go back and top them up – that way they should all be of equal size), then bake for 18-20 mins until light golden and springy. Cool for a few mins in the tin, then lift the cakes out and cool completely on a rack.

3 Put the mascarpone, 3 tsp more of the coffee and the sugar into a large bowl, then beat together. Spread a dollop of the coffee cream onto the top of each cake, then finish with a walnut half. The cakes are best if they're iced fairly near the time of eating, so if you're making ahead, whip up the mascarpone mix, keep in the fridge, beat it again, then spoon onto the cakes just before serving. Un-iced cakes will keep up to 2 days in an airtight container.

PER CAKE 247 kcals, protein 3g, carbs 18g, fat 18g,
sat fat 10g, fibre none, sugar 12g, salt 0.29g

Quick buttercream

Sift **175g icing sugar** onto **100g very soft butter** in a large bowl. Add **3 tsp coffee**, as made above. Slowly stir together, then once most of the sugar has been worked in, start to beat. Keep going until creamy and smooth.

Cool & creamy

Cool down this summer with deliciously-fresh iced Continental Coffee and creamy coffee cupcakes



Creamy iced coffee

Brew 1 litre of **Continental Coffee**. Divide **8 tbsp condensed milk** and ice cubes between 4 tall glasses. Pour over the coffee.

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WEEKEND

Summer Coolers

There's nothing nicer on a warm summer's day than sipping a long, cool drink made with deliciously fresh fruit

Pink fizz with raspberries 🍷

Simply drop fresh raspberries into Champagne flutes and top up with pink Champagne or sparkling wine.

Citrus peach cooler

Put the juice of 2 lemons and 2 limes into a large jug. Add 1 thinly sliced lemon and 1 thinly sliced lime, and a handful of ice cubes. Add peach nectar to come one-third of the way up the jug. Add another third of cloudy lemonade. Drop in a few sliced strawberries and top up with sparkling water. Garnish with sprigs of fresh mint.



Pink lemonade

PREP 5 MINS PLUS COOLING

● COOK 5 MINS **Easy**

300g/10oz caster sugar
1 lemon, sliced
1 orange, sliced
3 x 170g punnets raspberries
sparkling or still water
ice and fresh mint, to serve
(optional)

Place the sugar and fruit in a large saucepan and pour over 350ml cold water. Bring to the boil, stirring often, then leave to cool. Pour through a sieve, pressing down with a spoon to extract all the juices. The syrup can now be stored in the fridge for up to 1 week. To serve, pour a little into a glass and top up with sparkling or still water, ice and mint.

PER TBSP SYRUP 57 kcal,
protein none, carbs 15g, fat
none, sat fat none, fibre
none, sugar 15g, salt none

TIP Adding raspberries
to homemade lemonade
gives it a subtle tang and
turns it a lovely pink colour



Ginger lemon fizz

PREP 5 MINS • COOK 5 MINS **Easy**

50g/2oz fresh root ginger,
roughly chopped
300g/10oz caster sugar
2 lemons, sliced, plus extra to serve
sparkling water ice

Place the ginger, sugar and lemon slices in a pan. Add 500ml cold water. Bring to the boil, then cook until the sugar dissolves. Take off the heat, leave to cool, then press through a sieve. You can store the syrup in the fridge for up to 1 week. To serve, pour into a pitcher, top up with sparkling water and add ice and extra lemon slices.

PER TBSP SYRUP 25 kcals, protein none, carbs 6g, fat none, sat fat none, fibre none, sugar 7g, salt none

And for the canapés...



Caesar chicory scoops

READY IN 40-50 MINUTES MAKES 16-18 **Easy** Low fat **P**

100g/4oz unsmoked bacon lardons
1 cooked chicken breast, without skin
1 baby gem lettuce
50g/2oz bought croûtons, preferably small ones
4 tbsp Caesar salad dressing
2 tbsp freshly grated parmesan
16-18 medium-size chicory leaves (red and green together look stunning)
parmesan shavings, to garnish

1 Slowly fry the lardons in a small frying pan until they are crisp. Remove from the pan and leave to cool on kitchen paper to absorb any excess fat. Finely shred the chicken and lettuce. Place in a bowl and add the croûtons, dressing, parmesan and

cooled lardons. Season with some freshly milled black pepper, then mix everything gently together.

2 Spoon the Caesar salad on to the chicory leaves, leaving the base ends free (to act as handles). Sprinkle with parmesan shavings and grind black pepper over the top, then arrange on a plate and they are ready – it's as simple as that.

PER SCOOP 69 calories, protein 4g, carbohydrate 2g, fat 5g, saturated fat 1g, fibre none, added sugar none, salt 0.36

Prepare ahead... these can be prepared to the end of step 1, two hours in advance and chilled. Put together half an hour before serving.

Marinated figs with prosciutto, mozzarella and basil

READY IN 35-45 MINUTES, PLUS ABOUT 30 MINUTES MARINATING TIME MAKES 16

Easy HEART HEALTHY **P**

2 large or 4 small ripe figs
3 tbsp basil-infused oil
2 tsp red wine vinegar
8 slices of prosciutto, halved lengthways
16 bocconcini (baby mozzarella balls)
16 medium-size basil leaves
16 short wooden skewers

1 Cut the figs into 16 wedges and sit them in a non-metallic bowl. Mix together the oil and vinegar, then pour it over the figs. Season well with salt and pepper, and leave to marinate at room temperature for about 30 minutes.

2 When the figs have marinated, thread each wedge on to a wooden skewer with some prosciutto, mozzarella and a basil leaf.

The order in which you thread them is entirely up to you.

3 Once you have made all 16, sit them on a plate and drizzle over the remaining marinade. Serve at room temperature rather than straight from the fridge, so all the flavours are at their best.

PER STICK 61 calories, protein 4g, carbohydrate 1g, fat 5g, saturated fat 2g, fibre none, added sugar none, salt 0.48g

Prepare ahead... the figs can be marinated and threaded on the sticks with the other ingredients up to 2 hours in advance and kept covered in the fridge. Remove 30 minutes before you need them, so they reach room temperature. Drizzle with the dressing just before serving.



Simple sides

Good-value veggie dishes to liven up your midweek meals

RECIPES **ROSIE REYNOLDS** PHOTOGRAPHS **DAVID MUNNS**

Hot beetroot salad

SERVES 4 • PREP 10 MINS •
COOK 5 MINS **Easy** **V** **Superhealthy**
Good source of vit C, counts as 1 of
5-a-day, Low fat

3 raw beetroot, peeled
and cut into matchsticks
juice 1 lemon
1 tbsp honey
1 tbsp grainy mustard

In a large non-stick frying
pan-fry the beetroot for
2 mins. Add the lemon juice and
cook for 1 min more. Drizzle in the
honey and mustard and stir to coat
the beetroot. Serve immediately.

PER SERVING 44 kcals, protein 2g, carbs 9g, fat 1g,
sat fat none, fibre 2g, sugar 8g, salt 0.28g



Root vegetable mash

SERVES 4 • PREP 10 MINS • COOK 25 MINS
Easy **V** **Superhealthy** Good source of vit C,
counts as 2 of 5-a-day, Low fat

2 large baking potatoes, cut into chunks
½ swede, cut into chunks
3 carrots, diced
25g/1oz unsalted butter

Place the potatoes, swede and carrots
in a large pan of salted water. Bring to the boil
and cook for 20-25 mins until tender. Drain
and mash with a potato masher. Add the
butter and a generous amount of seasoning.

PER SERVING 171 kcals, protein 3g, carbs 28g,
fat 6g, sat fat 3g, fibre 5g, sugar 11g, salt 0.10g

Cabbage with caraway

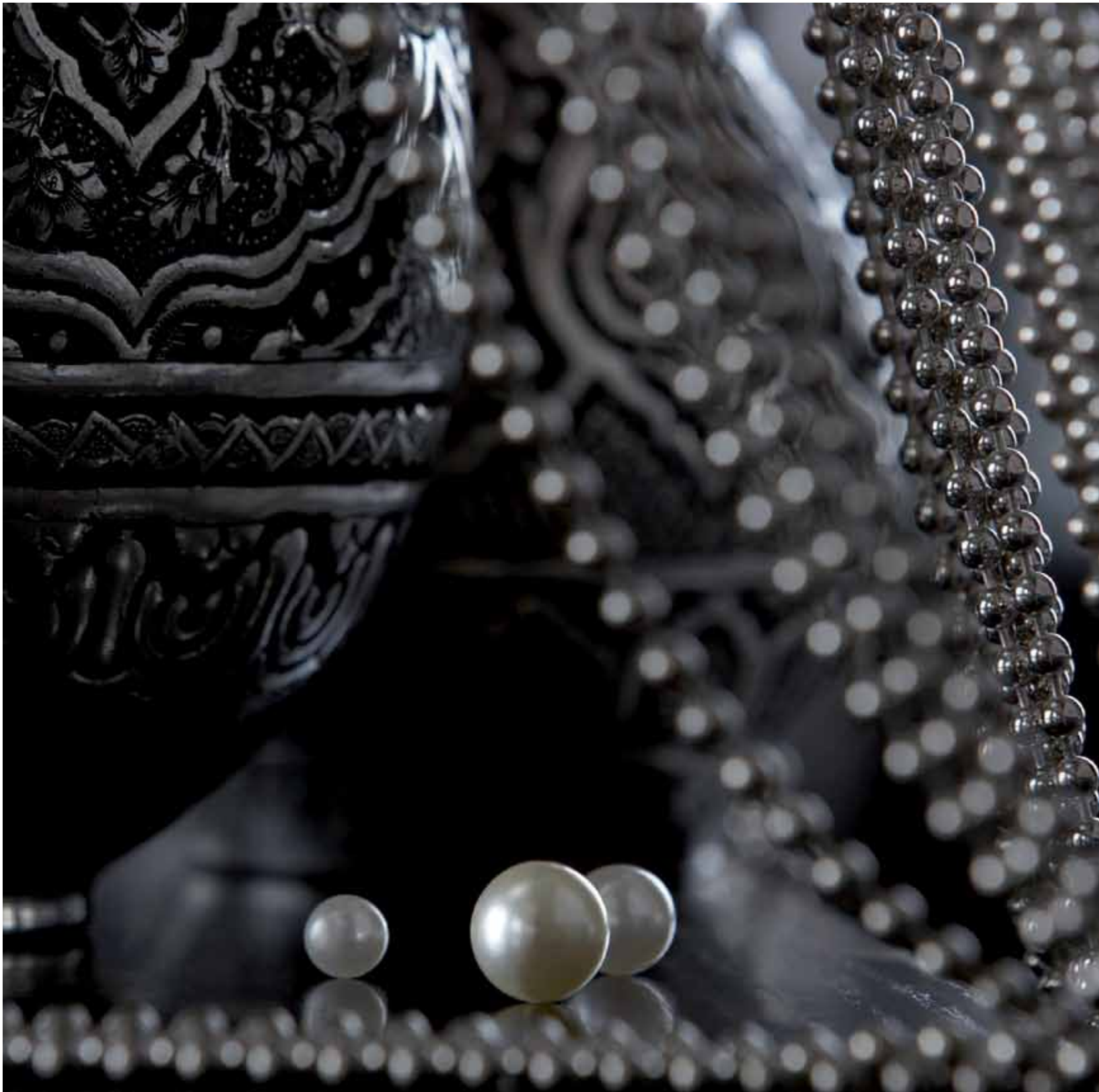
SERVES 4 • PREP 10 MINS • COOK 10 MINS
Easy **V** **Superhealthy** High in fibre, good
source of folic acid and vit C, counts as 2 of
5-a-day, Low fat

1 Savoy cabbage, cored and shredded
1 tbsp olive oil
1 onion, thinly sliced
2-3 tsp caraway seeds

Cook the cabbage in boiling water for 3
mins until tender, then drain. Heat the oil in
a frying pan. Add the onion and cook for 2-3
mins until starting to soften and turn golden.
Sprinkle over the caraway seeds and cook
for a further 2 mins until fragrant. Stir in the
cabbage and heat through.

PER SERVING 98 kcals, protein 5g, carbs 11g, fat 4g, sat
fat 1g, fibre 7g, sugar 9g, salt 0.03g





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Sarah Cook's traditional Battenberg cake is a delicious project for an afternoon in the kitchen – and there's no need for specialist tins



Bake a classic

Battenberg cake

MAKES 2 CAKES, EACH CUTS INTO 10 SLICES ● PREP 2 HRS ● COOK 1 HR **Easy**

FOR ALMOND SPONGE

175g/6oz very soft butter
175g/6oz golden caster sugar
140g/5oz self-raising flour
50g/2oz ground almonds
½ tsp baking powder
3 medium eggs
½ tsp vanilla extract
¼ tsp almond extract

FOR PINK SPONGE

1 x ingredients for almond sponge, pink food colouring – we used ½ tsp Squires rose food paste (see tip)

TO ASSEMBLE

200g/7oz apricot jam
2 x 500g blocks white marzipan
little icing sugar, for dusting

1 Heat oven to 180C/160C fan/gas 4 and line the base and sides of a 20cm square tin with baking parchment (the easiest way is to cross 2 x 20cm-long strips over the base). To make the almond sponge, put the butter, sugar, flour, ground almonds, baking powder, eggs, vanilla and almond extract in a large bowl. Beat with an electric whisk until the mix comes together smoothly. Scrape into the tin, spreading to the corners, and bake for 25-30 mins – when you poke in a skewer, it should come out clean. Cool in the tin for 10 mins, then transfer to a wire rack to finish cooling while you make the second sponge.

2 For the pink sponge, line the tin as above. Mix all the ingredients together as above, but don't add the almond extract. Fold in some pink food colouring. Then scrape it all into the tin and bake as before. Cool.

3 To assemble, heat the jam in a small pan until runny, then sieve. Barely trim two opposite edges from the almond sponge,



then well trim a third edge. Roughly measure the height of the sponge, then cutting from the well-trimmed edge, use a ruler to help you cut 4 slices each the same width as the sponge height (A). Discard or nibble leftover sponge. Repeat with pink cake.

4 Take 2 x almond slices and 2 x pink slices and trim so they are all the same length. Roll out one marzipan block on a surface lightly dusted with icing sugar to just over 20cm wide, then keep rolling lengthways until the marzipan is roughly 0.5cm thick. Brush with apricot jam, then lay a pink and an almond slice side by side at one end of the marzipan, brushing jam in between to stick sponges, and leaving 4cm clear marzipan at the end. Brush more jam on top of the sponges (B), then sandwich remaining 2 slices on top, alternating

colours to give a checker-board effect. Trim the marzipan to the length of the cakes.

5 Carefully lift up the marzipan and smooth over the cake with your hands, but leave a small marzipan fold along the bottom edge before you stick it to the first side. Trim opposite side to match size of fold (C), then crimp edges using fingers and thumb (or, more simply, press with prongs of fork). If you like, mark the 10 slices using the prongs of a fork (D).

6 Assemble second Battenberg and keep in an airtight box or well wrapped in cling film for up to 3 days. Can be frozen for up to a month.

PER SERVING 524 kcals, protein 7g, carbs 71g, fat 25g, sat fat 10g, fibre 2g, sugar 61g, salt 0.50g

BAKE IT DIFFERENT

If you can't find almond extract, swap it for **zest of 2 lemons** and **1 tbsp lemon juice** in first sponge. Swap pink colouring for **zest 1 orange** and **1 tbsp orange juice** in second sponge (add orange food colouring if you like). Assemble with lemon curd.

WHAT'S IN A NAME?

This cake is believed to have been created for the wedding in 1884 of Princess Victoria, granddaughter of Queen Victoria, to the German Prince Louis of Battenberg. The squares are said to represent Louis and his three brothers.

“This pretty cake is surprisingly easy to make and tastes so much better than shop-bought. Simply follow my step-by-step instructions, put on the kettle and enjoy a slice”



Amazing great

This indulgent pud is a delicious treat to share with friends

Italian hazelnut and chocolate torte

30 MINUTES ● CHILLING ● SERVES 12 ● **Easy**

dark chocolate 250g, chopped
milk chocolate 300g, chopped
double cream 568ml pot
liquid glucose 3 tbsp
Frangelico 6 tbsp
hazelnuts 100g pack, toasted
digestive or oat biscuits 8
butter 1 tbsp melted, plus extra for buttering
crème fraîche to serve

1 Melt the chocolate, cream, liquid glucose and Frangelico together. Leave to cool.
2 Whizz hazelnuts and biscuits into crumbs in a food processor. Add melted butter. Sprinkle half mixture into a terrine tin lined with clingfilm, then well buttered. Tip so crumbs stick evenly to the sides. Pour in chocolate mix. Chill until almost set.

3 Sprinkle over remaining biscuit and press down evenly. Chill until ready to serve. Turn out onto a plate, sprinkle over any loose crumbs. Cut with a hot knife. Serve with crème fraîche.

PER SERVING 626kcal, protein 5.6g, carbs 41.5g, fat 47.9g, sat fat 24.3g, fibre 1.5g, salt 0.3g





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WEEKEND

Come for dinner!

If you're having friends over, this three-course vegetarian menu is ideal – impressive, but really easy to make. For a special occasion, go to town and offer crumbly Stilton sablés with pre-dinner drinks, and then a choice of dessert at the end



An elegant,
show-off filo strudel

Mushroom & tarragon strudels

SERVES 6 • PREP 1 HR PLUS COOLING

• COOK 30 MINS **Easy**

2 onions, halved and thinly sliced
85g/3oz butter
500g pack flat mushrooms, sliced
250g pack chestnut mushrooms, sliced
150g pack shiitake mushrooms
4 garlic cloves, crushed
1 tbsp Madeira (see page 63)
2 tbsp chopped tarragon, plus extra to serve
50g/2oz fresh breadcrumbs
175g tub marinated sundried tomatoes (from the deli), sliced
125g pack button mushrooms
40g/1½oz pine nuts, plus extra (toasted) to serve
9 large sheets filo pastry
sunflower oil, for brushing

1 Fry the onions in 50g of the butter in a large pan. Add the sliced flat and chestnut mushrooms, then soften for 5 mins. Stir in the shiitake mushrooms and garlic, then turn up the heat and cook quite fiercely to drive off as much moisture as possible. Stir in the Madeira, tarragon, breadcrumbs and tomatoes, then take the pan off the heat.

2 In a separate pan, cook the button mushrooms and pine nuts in the remaining butter until the nuts are golden. Add to the mushroom and tomato mixture, then cool.

3 Lay a sheet of filo on the work surface and brush with oil. Top with another sheet, brush again, then continue until you have a stack of 4 sheets of pastry. Spread half the filling down the longest length, leaving several cms at each end. Fold the pastry ends up over the filling, roll up like a cigar, then carefully lift onto a baking sheet. Brush with more oil, then tear the last filo sheet into strips, scrunch up and place half on top to decorate. Repeat with the rest of the pastry and filling to make a second strudel, then chill until ready to cook. Can be made 1 day ahead.

4 To serve, bake in a preheated oven at 200C/180C fan/gas 6 for 30 mins or until golden and heated through. Serve in slices, scattered with extra pine nuts and tarragon, with the Madeira sauce (right).

PER SERVING 461 kcals, protein 10g, carbs 37g, fat 31g, sat fat 10g, fibre 5g, sugar 7g, salt 2.38g



Madiera sauce

SERVES 6 • PREP 20 MINS • COOK 15 MINS **Easy**

Make sure you brown the onions really well to get the maximum flavour and colour out of them – this makes all the difference to the flavour of the sauce.

1 onion, finely chopped
1 bay leaf
25g/1oz butter
2 tbsp plain flour
700ml/1¼pt vegetable stock
½–1 tbsp tomato purée
3 tbsp Madeira

1 Fry the onion and bay leaf in the butter until the onion is soft and golden. Add the flour, then cook until the flour starts to brown – take care that it doesn't burn.

2 Gradually whisk in the stock until smooth, then add the tomato purée and simmer for about 5 mins, stirring until thickened.

3 Strain into a bowl or small pan, discard the onion and bay leaf, then stir in the Madeira. You can make this a day ahead and warm through before serving.

PER SERVING 74 kcals, protein 1g, carbs 7g, fat 4g, sat fat 2g, fibre 1g, sugar 3g, salt 0.23g

New potatoes with asparagus & peas

SERVES 6 • PREP 10 MINS • COOK 17 MINS **Easy**

600g/1lb 5oz baby new potatoes, halved if large
250g pack thick asparagus spears, halved
200g pack sugar snap peas
25g/1oz butter, chopped into cubes
½ bunch chives
zest ½ lemon

1 Steam the potatoes for 12 mins. Throw in the asparagus and sugar snaps, then cook for 5 mins more. Toss into a large bowl, mix with the butter, chives, lemon zest and seasoning, then serve.

PER SERVING 123 kcals, protein 4g, carbs 19g, fat 4g, sat fat 2.2g, fibre 2.2g, sugar 3.4g, salt 0.08g

Mozzarella with tomato & chilli salsa

SERVES 6-8 • PREP 15-25 MINS • NO COOK **Easy**

2 x 125g balls vegetarian mozzarella
5 ripe plum tomatoes, seeded and
roughly chopped
1 red chilli, seeded and finely chopped
1 small red onion, very finely chopped
1 tbsp sundried tomato paste
2 tbsp chopped fresh flat-leaf parsley
1 tbsp lime juice
3 tbsp extra virgin olive oil, plus extra
for drizzling

1 Slice the mozzarella and arrange in slightly overlapping circles on a wooden board or serving platter. Put all the other ingredients in a mixing bowl, season and mix thoroughly. Just before serving, spoon the salsa over the mozzarella and drizzle with a little extra olive oil.

PER SERVING 147 kals, protein 8g, carbs 3g, fat 12g, sat fat 5g, fibre 1g, added sugar none, salt 0.52g





Stilton & sesame seed sablés

MAKES ABOUT 30 • PREP 20-25 MINS, PLUS CHILLING • COOK 10-15 MINS Easy

100g/4oz plain flour
85g/3oz cold butter, diced
small pinch mustard powder
small pinch cayenne pepper
1 tbsp polenta (optional, for extra crunchiness)
1 tbsp sesame seeds
100g/4oz vegetarian Stilton, crumbled, plus extra for topping

1 In a large bowl, rub together the flour, butter, mustard powder, cayenne, polenta (if using), poppy seeds, cheese and a pinch of salt, until the mixture forms a pastry dough. Knead briefly until it sticks together and is lightly speckled with tiny bits of cheese.

2 On a lightly floured surface, roll the dough into a sausage shape with your hands, about 25cm long and 4cm in diameter, then wrap in cling film and chill for at least 1 hour. The pastry can now be chilled for up to 1 week or frozen for up to 1 month. It can be sliced and cooked from frozen but you will need to cut slightly thicker rounds.

3 Preheat the oven to 190C/170C fan/gas 5. Slice the dough into rounds just under 1cm thick. Lay them a couple of cms apart on a baking sheet (or two, if you are baking all the biscuits at the same time). Put a small piece of cheese in the middle of each biscuit, then bake for 10-15 mins, until the edges are golden and the cheese is bubbling. Leave to cool slightly before serving. The biscuits will keep for 2-3 days in an airtight tin.

PER BISCUIT 61 kcs, protein 2g, carbs 3g, fat 5g, sat fat 3g, fibre none, added sugar none, salt 0.2g

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* Please note that this offer is for food only, with a maximum of five people dining at one time. The loyalty card cannot be used at brunches, on special occasions such as Eid, Christmas and New Year's Eve, and cannot be used in conjunction with other promotions.

Email marizel@cpidubai.com to enquire about receiving your loyalty card.

Spicy plum & apple chutney

For some cooking is a chore, for others it's a form of fun and relaxation. You will want to make **Sara Buenfeld's** chutney and jam recipes for the sheer pleasure of doing so

PHOTOGRAPHS **LIS PARSONS**

Cooking
for pleasure

Spicy plum & apple chutney

MAKES APPROX 4-5 JARS • PREP 25 MINS • COOK 1 HR 10 MINS **Moderately easy** Low fat

There's no point making a chutney that will still be sitting on your shelf a year later, so this is quite multi-purpose. It's a great alternative to mango chutney on poppadums, as well as perking up sandwiches, cold meat and ploughman's lunches.

1 garlic bulb
thumb-size piece fresh root ginger
2 large onions
1kg/2lb 4oz Bramley apples
3 star anise
1 tsp cumin seeds
1 cinnamon stick
500ml bottle cider vinegar
1 tbsp salt
1kg/2lb 4oz plums
450g/1lb golden caster sugar
You will need:
4-5 sterilised jars (see far right)

1 Start by getting the ingredients ready. Peel the garlic cloves and cut them into slivers. Peel and thinly shred the ginger. Halve, peel and thinly slice the onions, then put them in a large, wide saucepan or a preserving pan with the garlic and ginger. Peel, core and chop the apples, then add to the pan with the spices,

vinegar and salt.

2 Bring the pan to the boil over a gentle heat, give everything a good stir, then turn down the heat and cover the pan (if you don't have a lid use foil). Simmer for 30 mins until the apples are cooked and pulpy.

3 While the apples are simmering, stone and quarter the plums, then add them to the cooked apples with the sugar. Stir well and leave to bubble away, this time uncovered, for another 40 mins stirring regularly until the plums are cooked but still retain some of their shape. Ladle into the sterilised jars, seal and label. This chutney is best kept for about a month before eating as the vinegar needs a bit of time to mellow. If you don't want the flavour of the spices to develop any more, then take out the cinnamon and star anise before potting. It will keep for 1 year in a cool place but once opened store in the fridge and use within a month.

PER TBSP 38 kcals, protein none, carbs 10g,
fat none, sat fat none, fibre 1g, sugar 9g, salt 0.22g

TO STERILISE YOUR JARS

Run jars with the lids and any rubber seals through the hottest cycle of your dishwasher. If you don't have a dishwasher, give the jars a good wash, then heat them in the oven at 150C/130C fan/gas 2 for 30 mins. Don't bake seals – boil them in a pan of water for 10 mins. If you don't have lids you can buy jam pot covers from cook shops which you can then cover with fabric.



“I’m lucky that my job is my hobby too, so when the weather starts getting colder and pottering in the garden is less enjoyable, I head to the kitchen. In the depths of winter my Saturday afternoons are all about trying a cuisine I might not have cooked before. But now – when late summer produce is so plentiful – my thoughts turn to squirrelling away preserves in the pretty jars that I’ve collected from boot fairs throughout the summer”



WEEKEND

Summer berry jam

MAKES ROUGHLY 2.2 LITRES, ABOUT 8 JAM JARS EASILY HALVED • PREP 20 MINS PLUS OVERNIGHT SOAKING • COOK 20-40 MINS **Easy**

The traditional ratio of fruit to sugar in jam is 50:50, but I like to use just a little more fruit so the flavour is sharper, and the jam slightly softer set. As long as you use roughly half of each you can't go far wrong. Just remember to chill a saucer in plenty of time for that all-important setting test.

1.8kg/4lb mixed summer berries

(I used hulled strawberries – large ones halved – raspberries, redcurrants, blackcurrants and a few early blackberries)

1.5kg/3lb 5oz jam sugar (the one with added pectin)

juice and pips 1 lemon

finger-tip size knob of butter (optional)

1 The night before you make your jam, layer the berries and sugar together in a very large bowl, then cover and set aside at room temperature. This helps the sugar to start dissolving so you don't run the risk of overcooking the fruit when you actually begin to make the jam. The next morning, give everything a quick stir, then set aside again until you are ready to start cooking.

TIP The purpose of cooking lemon pips along with the fruit is to extract the pectin they contain, which helps your jam to set

2 Before you start, put a small saucer in the freezer. Tip the berries, scraping out all juices and any undissolved sugar, into a preserving pan, or a large, wide-based pan (the wider and more open the pan, the faster the jam will be ready so a preserving pan is really ideal). Stir in the lemon juice, then collect all the pips and secure them inside a tea-leaf strainer or piece of muslin before adding to the pan, too.

3 Start the berries over a low heat until all the sugar is completely dissolved, then bring to the boil and simmer for 5 mins. Turn off the heat and spoon a little hot syrupy jam onto the chilled saucer. Once cool, push the jam with your finger. If it wrinkles a little, it's ready and has reached setting point. If it is too runny to wrinkle, return the pan to the heat and boil in 2-3 minute stages, removing the pan from the heat each time you do the saucer check, until the jam wrinkles.

4 Skim off any excess scum, then stir in the knob of butter, if you want – this will help to dissolve any remaining scum. Leave the jam for 15 mins before ladling into sterilised jars (see tip, left) – this allows the fruit to settle so it doesn't sink to the bottom. The jam will keep in a cool, dark place for at least 6 months. Refrigerate jars once opened.

PER TBSP 44 kcal, protein none, carbs 12g, fat none, sat fat none, fibre none, sugar 12g, salt none

Grandma Connie Westbrook's tips for successful jam making

Pectin is the gelling agent that makes jam set, but jam sugar (which is rich in pectin) can be difficult to find in the UAE. When making jam, it is good to remember that fruits such as strawberries are low in natural pectin, while fruits such as lemons are very rich in it.

- This recipe will work nicely without the sugar pectin, but add an extra medium-sized lemon to ensure that it sets beautifully
- Always remember that if you use fresh fruit that is very ripe and soft, it will often lessen the cooking time. Be careful not to overcook your jam
- Also, be careful if you start changing the quantities. The more strawberries you add (or if you add other fruits that are low in pectin), the more lemons or pectin-rich fruit you will need to ensure your jam sets well

Intense fruit flavour



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What inspired you to open Jones the Grocer in the UAE?

I was familiar with Jones the Grocer as a brand and read about the opening in Singapore in Wallpaper magazine while I was living in London. I immediately knew that I wanted to be involved with the brand and arranged a meeting with the brand owners. Within a few days, I had agreed the territorial rights for the UAE and Middle East.

Where are the products sourced from?

Depending on the season, we source local fish for some of our seafood dishes. We also source a range of local vegetables, herbs, meat, poultry and eggs. The shorter time from farm to table always works in flavouring local produce.

For other items, we source from all over the world – mainly Australia but we also stock high quality produce from France, Switzerland, Italy, Spain and the UK.

Are certain products unique to Jones the Grocer?

Our label carries a large selection of products that are unique to the region. We stock organic honeys from New Zealand, organic drinks, Maggie Beer's range of products along with a number of other brands that remain exclusive to Jones.



The last bite

With Jones the Grocer opening in Dubai this month, Lauren Hills visits Abu Dhabi to talk about artisan products and gourmet food for everyday with owner, Yunib Siddiqui

So, there a focus on sustainable, organic produce?

Our focus is on hand made or artisan food free of artificial preservatives, however we do stock a number of organic products that form part of the overall selection.



Where did the Jones brand originate?

Jones was founded in Australia and now has a presence in New Zealand, Singapore and the Middle East.

How would you describe the concept?

Fresh, innovative and focused at providing 'gourmet food for every day living'.

When will Jones the Grocer be opening in Dubai?

We are opening in mid June, and it will be located in Al Manara, opposite Time Square.

What are some of your favourite items on sale in the deli?

There are so many, but if I had to pin point it, it would be our range of cold meats and olives. The quality of both is absolutely amazing.

And, favourite dishes on the restaurant menu?

It has to be rocket and yuzu marinated pumpkin and feta salad and our wagyu beef burger.





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